

JP 9/12

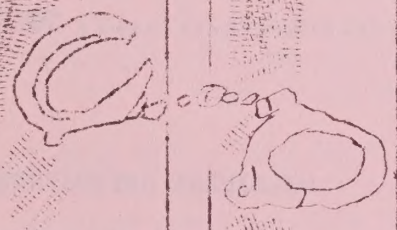
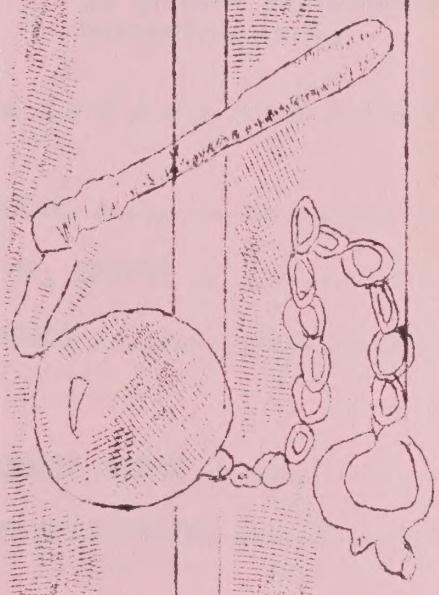
COLLINS BAY

UNIVERSITY OF MICHIGAN
JUN 20 1979
LIBRARY

THE

CONT. A. C. T.

GO GET THEM
AGAINST
CRIMINALS



The
Con's
Rap

Fee

MAR

+

APRIL

1979

N



Digitized by the Internet Archive
in 2025 with funding from
University of Toronto

<https://archive.org/details/31761075962753>

This paper is put out by the Convicts of Collins Bay Penitentiary. There Have been alot of papers that have come out of here over the years. We hope that this paper helps the men on the inside, and also show the people on the outside just how we feel. The name of the paper is CON.T.A.C.T. It not only means what it implies, it means much more to us. CON - is for CONVICT, Tis for TOGETHER, A is for AGAINST, C is for CRUEL, and T is for TIMES. And, through this paper we how to show you readers that we can do alot more if we work together.

The opinions expressed in any particular articles are those of the author, and not necessarily agreed with by the editorial staff, nor do the views necessarily conform to the official views of the Solicitor General's staff or the Administration.

Hopefully, each and every issue will be better than the last, as we (the staff) were all employed in different lines of work on the outside. We trust that you readers will help us to make this the best prison rag to 'come out of any penitentiary. The only way to do this, is to get involved and contribute to our cause.

Please submit any article to ensure that success. The men in here can place any contribution in the box on the strip. To the outside readers, please forward all contributions to us at this address. (% CON.T.A.C.T., P.O. Box. 190, Kingston, Ontario, K7L 4V9)

Third class mail is paid for in Canada. Permission to reprint any article is granted provided that CON.T. .C.T. and the author are given full acknowledgement.

EDITOR HONEST TOM FRENCH # 2429

#####

EDITOR HONEST TOM FRENCH

ASST. EDITOR JIM (SAILOR) HERTRICH

SPORTS BILLY (TROLLOP) SHANNON
BOB (ONE TIME SPORTSCASTER) GORHAM
WYANE (WEINER) HURLBURT

BARBELL ALLEY BILLY(OVER THE HILL) SUGG

ART & LETTERING RALSTON (SUNDOWN) BENNETT
BOB (ACORN) AUCCOIN

TYPIST BILLY (TROLLOP) SHANNON
BILLY (SPACE) JACKSON
TOM (THE TALL TEXAN) LUXFORD
DAVID (GOT MY TEETH) WOOD

CONTRIBUTING ARTICLES:

CHESTER GOODWIN	C.A. COOKMAN
JIMMY OAG	WILLY MILLS
EDDIE SPENCER	R. WAXMAN
WAYNE HURLBURT	GABRIELLE BOULAY
HARRY KEATING	ROBERT VACOLA
R.J. WOODWARD	J.B. HUNT
GEORGE WATSON	DANNY TURNER
ANN BRUNELL	JOHN MARTIN
MICHEL SEVIGNY	M. MOORE
JIM HERTRICH	L. DUFFY
G. HUGHES	JOE LIPSHITZ



FROM THE EDITORS DESK

Do the people who operate half-way houses have a deaf ear? This is something that I have to ask myself many times over. As most of the readers of CON.T.A.C.T. know, I do not really have all that much love for half-way houses, and more than once I have said so in this newsletter.

Well, it seems that these people do listen and read what we men in prison have to say about their houses. More than one man has come back from a pass to a half-way house and told me that they were informed that I was very anti-half-way house. Mind you, they never said it in those words, but that is what they were trying to say. I hope that they are reading what I have to say, and they will start to correct some of the things around their house which are out of line, and not just keep repeating their mistakes. I have come across some good half-way houses in the past few months. Or, I should say, some nice people that supervise half-way houses. One of these houses is soon to be open in Sudbury. Lou and Romane Dotto are two very nice people, and I believe that their house will be one that people on the inside will want to go to. These two people are starting a house because they want to help, not for the money. And, from where I sit, that is not why a hell of a lot of people are working at half-way houses. To many of them, it is just a job and we are merchandise they work with.

I met one man in the half-way house business, whom had served time in prison. And, said he was a good guy with a tough job to do. Now, we have all heard that one before. You don't put someone in jail because you are a nice guy.

Under the present system, with all cons to be accounted for and under control at all times, I can truthfully state that a half-way house is to be considered far ahead of being in a joint behind a wall. But, I fail to see and understand the reason for having such a house, unless it is to perpetuate the system and employ those people too unskilled and lazy to obtain employment on their own. Since half-way houses have rules and laws which make very little, if any, sense to me, why would I or anyone else want to be forced to attend religious and/or social functions that have no meaning to us? Failure to do so can and sometimes does mean the removal of the man from the half-way house and his being returned to the penitentiary. If these same concerned citizens have the power and the authority to state that a certain con appears to be unsuitable for their house, and give no reason for stating such, they are forcing this man to sit in a prison with no say in the matter and no recourse. Would you believe that one half-way house refused to accept a man because of the length of his hair??????????

I think you can see my point of view, my only question is, when will these people revert to the original concept of running a half-way house? For those of you who have forgotten, it is to help those on the inside take a major step half-way back to society.

In the early eighteen and nineteen hundreds, we had work houses. No description is necessary for those. But now, we seem to have completed the circle back to the work house days again.

A few weeks back I wrote to Mr. Dennis Curtis, after reading in his News Letter Whats New, That the men of Collin's Bay had a new Library. True there is a new Library but it is only open to the population two hours a week. Here is what Mr. Curtis told me, I am a member of the Kingston Library, and since I work five days a week from 8 am to 4 pm., I am forced to use the facility in the evening. I really do not see why things should be so different in an institutional setting. I think that you are right Mr. Curtis we should have our Library hours just like the people on the street, no more but no less. Did you know that the Library down town is open from 9am to 9 pm Mon. to Fri. and from 9 am to 6 pm on Sat. Are we asking for too much to have ours open from 9 am to say seven or eight. That way the men could get to sit in it for a hour or so each and every night. And it sure would be nice to be able to go in to our Library on Sat. to get a good book to read.

SUSPICION OF SUSPICION

Asst. Editor: The Sailor

Having just completed reading the February/March issue of Millhaven's Odyssey newsletter, which I couldn't resist lifting off Danny Paterson's door, I felt that I would like to express another side to an article written by John Drummond entitled "The Vicious Circle." Knowing John for many years gives me insight to his submissions, but even a complete stranger would have to be completely blind and dumb not to understand what he is expounding. Elimination of the Suspicion of Suspicion charges that are used to transfer prisoners from Medium and Minimum prisoners to Maximums like Millhaven. Having once run this gauntlet myself, I am well aware how a person arriving there in the middle of the day from a minimum feels, and the differences being expressed as different as night and day doesn't even begin to explain it. One thing though, there are so many prisoners that arrive the same way that when you tell them you are there for suspicion they are so used to this happening the question of suspicion of what doesn't even arise. I made it there with eight months left, and was put in a position where I felt that I couldn't say much more than a hello to men I have known for many years, mainly because of the shortness of my time and the length of theirs, it's depressing for them watching guys they know leave and they are always the one left behind, regardless of the restrictions put on your conversation a short timer has only one thing on his mind, getting out and that can be hard on the ears if you still have a large chunk to serve, especially there, so it tends to make one keep to himself out of respect to those with the real problems ahead. Something I definitely agree with John about is the attitude you leave Millhaven with, your senses have been honed to a razor's edge, your comprehension of compassion has been totally annihilated and should someone offer you even a minor thing, such as a cigarette you are suspicious. The violence, suppression and apathy you have been forced to live with have created an inner being that is very much a stranger to you as it comes to the surface, but on contemplation you recognize it as Millhaven. One thing I've noticed while I was out, and that includes myself, is that the first thing that comes to mind is to arm yourself, and I mean with the best artillery you can acquire, so Millhaven does get through a man would sooner be dead than back there of course this is a post release headspace and some reach the stage where they can shake it off and get back to a more humane way of thinking, but for others they never have the chance. We are all aware of guys we know that have only been out a short time and are either arrested for a seriously violent crime, or else held Court on The Streets, which means they were murdered because of a lifestyle they had learned in places such as Millhaven, violence breeds violence, an old code, and one society will become more aware of as long as Millhaven's survive in the pattern they have opted to choose.

Anyone that I know who has been in Millhaven is never shocked when reading of a Millhaven graduate being involved in violence, even the Haven guards are not surprised, ~~after all, look at what they teach you another inmate would never~~
~~not to nothing.~~

I, as John cannot help but observe men we both know, who came in as men and leave as animals. Hopefully, they will have some friends who will corral them until they have their feet on the ground, and their head back into the real world out there.

It's only being away from Millhaven that will alleviate the destruction it has done to your brain.

Do I sound like I wouldn't want to go back to the Haven? If so, I have expressed myself adequately, but I would like to make it clear that it is only because it took me too long to shake the animal off that I acquired there on my last visit. Another time and I have no idea what it would do to me, and I do get concerned about me, as do you.

My head and heart is with the Men over there, and as soon as they can force their case through the red tape, that is the Millhaven millstone, to obtain a transfer, the betterment for them.

The mediums and minimums petty hassels I've noticed get to be a load on guys that are used to the Haven, but if you give them two or more than three weeks to shake off the intenseness you've acquired there. It's all the Jail Game so why be there?

For those with no choice, such as S.N.U. and those with files of unsubstantiated notoriety, hopefully the future has some changes in store, but I, like you, have yet to see some changes that really have the prisoners interests at heart.

LETTERS TO THE EDITOR:

Dear Sir;

On behalf of the Ontario Society for Crippled Children and the Rotary Club of Kingston, as well as this years "Miss Easter Seal" Lori Allum, we want to express to you our sincere appreciation and thank you for your assistance in preparing our Easter Seal envelopes. Would you also express our Appreciation to Mrs. O. Neill for her assistance and co-operation.

The kick-off luncheon for the Easter Seal campaign is to-day, March 1 and we know the Easter Seal material is presently being delivered to the homes, excellent timing for the March 15 to April 15 campaign period. We have a good deal of publicity lined up for the next 5 weeks and anticipate a very successful campaign due in no small measure to the prompt preparation and mailing of the envelopes. We know the men spent a considerable amount of time in preparing the envelopes and want to assure each and every one their help on this very important project is very sincerely appreciated by all concerned.

yours sincerely

J.B. Hunt

Chairman

Easter Seals Campaign

Dear Tom.

Would you please thank everybody concerned with the \$400.00 donation to operation Springboard. It is certainly appreciated by our Board of directors, the staff and the passengers. Thanks to your donation we will be able to operate several trips in March at half price. We will have pamphlets printed explaining whom to thank for this ride. In October 1978 when you were kind enough to do this for our passengers, I watched the look on the Ladies' faces as they read the notices of the free ride. At first it was surprise, then it turned to disbelief then to sheer appreciation. They all expressed verbally their thanks to the men at Collins Bay for this generous ride. Especially thank the men in the French Group, Ten Plus, Inmate Committee and the Allied Group who organized the donation.

Sincerely

Doug MacLaurin

Director

Operation Springboard

Dear Sir:

Would it be possible to have 7 copies of your newspaper sent to our library at each issue? We would require one copy for the library and one copy for each of the 6 wards at this Institution. The patients at R.P.C.(Ont.) come from all institutions in the Ontario region and many would be happy to be kept up to date on events at their parent institution via your newspaper. Thank you.

Very truly yours

R.J. Woodward

Dear Tom:

As I'm sure you know, the Limerick is a first rate form of humour, it's Fun to try writing them and more fun reading them. I'm enclosing a few limericks which you may carry in CON.T.A.C.T., I wrote these and they have not been previously published. Could I suggest that CON.T.A.C.T. organize a 'Limerick Writing Contest! Cons and outsiders could compete for prizes of books (which I will donate). The best limericks could then be carried in future editions of CON.T.A.C.T. Also, since I edit a monthly newsletter for Toronto volunteers in the probation/aftercare program(dealing with Juvenile Delinquents on probation) I would like to see Collins Bay Pen. to see your facilities and to meet with you, your CON.T.A.C.T. staff and many of the other Cons. Please advise how I can arrange this, and if it can be arranged I would be willing to make the presentation of prizes to the winners, if your'e interested. I think CON.T.A.C.T. is a super paper and I only wish it was a weekly publication so I wouldn't have to wait so long for each edition. You, your staff and the cons. are doing a great job on it. I look forward to hearing from you soon.

yours truly

Harry V.E. Keating

Hi Tom:

First of all, congratulations on a good issue. We recieved it and passed it around to the Odyssey Group. Everyone enjoyed it. The purpose of this letter is to find out whether you recieved our March-April issue of the Odyssey. We have been recieving complaints from some of our subscribers in other pens

that they aren't receiving their issues. We send copies to the Bay to Alan Strong, Sam (My Buddy) Weiss, Danny Paterson, Billy Yardley and a few more. We want to find out if they are receiving their copies and if not, I am going to lay a complaint with the Post Office. The powers to be can ban our paper from their pens but they can't confiscate them but have to return them to the sender. We have't ever received any copies back in the mail.

If THEY are keeping them, they are going to find a postal investigator breathing down their necks and will be featured in the newspapers.

I sympathize you and your "censored" pages. If you get enough subscribers you can buy your own paper, pay for your own printing and have a hell of a case when it comes to censorship. If they don't contribute anything, why should they have any say about what you write. If every Con in the Bay would buy one subscription, you would have enough money to be independent. We have over 400 paid subscribers to the Odyssey and are financially independent but I am tired of all the rest of the crap.

Say hello to Helen O'Neill for me. She is the only good thing about the Bay. Best wishes with your magazine.

George Watson.

* * * * *

Honest Tom

I don't know whether you've ever had the experience (and it is one hell of an experience) to go up in front of one of the Bay's Camp Boards. I've happened to be on two of them. The first experience I encountered was being lead to the library where there was no less than 15 members present, and I was confronted by one of them with a curt "Sit". Someone that I had never spoken to, let alone seen before proceeded to tell me that I had outside charges still to face, (an impaired over 80) and that they, (meaning the members of the board as they like to be called) had decided that they would wait for the outcome of these charges. (It seems rather peculiar that in June of '78 these charges were not on C.P.I.C. but in January of '79 when I put in for a community assessment that these charges were filed on July 3, 1976, but once I asked for these charges to be brought to Kingston, that they were "withdrawn in open court on February 22, 1979 for lack of evidence. You see, I was in jail at the time. My first denial.

The second time was a little different. Once down at the library, I had the routine down pat and sat before they could say the word. This time there were only about six members present. I was told that I was just on the pass board, (as if I needed to be told) and that this time they wanted to wait and see if I did alright on my pass, and that they'd decided once I had my pass. Now it was my turn. I then asked them, "if say the director were to turn my pass down then what should I do?" I was told then that I would be back to square one. A second NO!!!!!!

Shortly afterward while walking down the strip I happened to confront one of these members. I asked him if he didn't think that the pass board was a complete waste, his comment to that was it wasn't the regular board. He then asked me why I thought that, and I told him that I thought his excuse for my denial for camp was not really a valid reason but just bullshit, (remember they turned it down to see how I did on my pass when it wasn't even okayed yet, by the way, they turned that down too) He came out with what I thought was the most intelligent answer I could really expect from one that our lives put bread and butter on his families table (if it wasn't for us they'd all starve) "maybe that's a reason to go straight." I was just fishing!!!

Bandit

P.S. Tom: My faith in their intelligence was once more restored!!!

* * * * *

I'd like to give a Special Thanks to Joe (LORD THUNDERIN' JESUS) Murphy. He is without a doubt one of the most energetic guys in this joint. If you ever need anything done, just get six cans of sardines and Joe will be there to do the lions share of the work. He spends more of his time helping everyone else, that at times I find it hard to believe that one man can be involved in so much and still have time to do anything for himself. Once again, a Special Thanks to a special guy to all of us. Thanks Joe.

Dear Editor:

For your information, I am enclosing an updated service program outline identifying the Metropolitan Toronto JHS branch services. Good luck with the CON-T.A.C.T. new format!

Yours sincerely,

Ann Brumell.

JOHN HOWARD SOCIETY OF METROPOLITAN TORONTO

168 Isabella Street
Toronto, Ontario M4Y-1P6
(416) 925-4386

AREA SERVED: Metropolitan Toronto
PROFESSIONAL STAFF: Twenty-five full time and part time
VOLUNTEERS: Supervised involvement with a volunteer co-ordinator on staff and training programme.

Intake Services for Voluntary Clients:

Clients voluntarily request assistance or are referred by others and are seen the same day, whenever possible, to determine the nature of request. One-to-one counselling services are available and assistance regarding immediate needs such as accomendation, food and welfare assistance, are met by liason and referral to other community resources. Once the initial survival needs are met an ongoing client/counsellor relationship is established and the counsellor will continue to support the clients choice to deal with his problems and help him to achieve his goals.

Parole Supervision:

Individuals released on a National Parole may request or may be refferred to the agency and the role of a parole supervision fulfilled by the agency at the discretion of the National Parole Board service. This includes community assessments prior to release on temporary absence or parole, supervision of those released on regular parole or mandatory supervision, and reports on the parolee's functioning as well as other supervisory tasks.

Community Service Order Project:

This project is located in Scarborough and plans for a similar program in North York are being completed. The program is responsible for the administration and delivery of one of the seven initial community service order projects. Volunteers attend daily at the Provincial courts and primarily act as the source of intake for the community service order and probation projects. Individuals who have been ordered to complete a community service order as their sentence are referred from the Provincial courts and "Stand down" reports are completed in order to determine the availability and suitability of potential work settings for C.S.O.'s. Those on a C.S.O. regularly receive counselling assistance and are supervised by either the program supervisor or a trained and supervised volunteer. An evaluation of the effectiveness of the program for each individual is undertaken one year after each person completes his/her C.S.O.

Scarborough Probation Project:

Volunteers are recruited, screened, and trained to act as probation officers for individuals placed on probation by the Scarborough court. These volunteers carry full responsibility of a probation officer.

INSTITUTIONAL PROGRAMME:

Regular visits are made to all Metro Jail locations in order to respond to requests from inmates. Assistance made include contact with an employer, involvement with the family, assistance with lawyers or individual counselling. Special attention is given to pre-release planning and providing information on the criminal justice system and John Howard Society services.

BEAVER CREEK PROGRAMME:

Regular visits are made to Beaver Creek Correctional Centre to assist inmates in their pre-release planning. Referrals to other JHS branches are completed. Such visits frequently lead to further involvement of the inmate with other branch programmes following his release.

COMMUNITY RESOURCE CENTRE:

Gerrard House is a community resource centre operated and administered by this branch. It is a residential facility which accepts referrals from Mimico Correctional Centre through the temporary absence programme. Residents are involved in work or education (or actively seeking work) during the day but return to Gerrard House in the evening. They must be involved in the programme of the house which emphasizes personal responsibility and problem solving.

JOB PLACEMENT PROJECT:

This programme actively locates and places individuals into work settings in the community. It assumes individuals are ready, willing and able to work. Assistance with job search techniques, interviewing skills and other job locating and securing processes is offered which prevent or impede the finding, securing and maintaining of suitable employment are referred to other resources within or outside the Agency.

Community Education:

A community education programme is directed by a full time staff person. Public speaking, community and institutional seminars, information dissemination about the agency service programmes, and media contacts are some of the tasks and functions of this programme. Kindly direct any enquiries you may have about the agency to the Community Educator.

SELF- HELP PROGRAMS

I went over to the Regional Psychiatric Centre, Ontario, In September of 1978 to take a self-help course. I can honestly say that this course did me some good, but I had to put alot into it for it to help me. They don't have a magic wand, it has to come from you as a person. I'm not going to lie to you and tell you that it's a nice place over there, because I myself from the living conditions terrible. But, the program makes it all worth it. The program consists of Social Skills, Transactional Analysis, and Sex Education. The staff are really good, they really try to help, and if you let them, they will.

I wish that they had this course a long time ago. I might not be here today, but let me say this. If you really want to change, go there. It will help. I did not think I would change, but change is possible. I know that I've changed, and I know that if I can change, so can you. And, I like what I see. Before I went over there, I didn't think much of myself. I felt like a nothing. But right now I am a somebody, I am a person. I'm not better than anyone, but I'm as good as every one else and today I really believe that.

Now, I will try to tell you abit about the program and the place. I asume that everyone knows where the Psychiatric Centre is. There are eight guys in the group at once, and they come from different institutions. You all sleep on the same range, you all go to the group for two weeks before the groups stats, and it's just to get to know one another before the group starts. The course itself is twelve weeks and you saty two more weeks for your own evaluation

Now the institution itself. The hours that you are locked in your cell are from 11:00AM to 1:00 PM for dinner, 4:00 PM to 7:00 P_m for supper, then of course from 11:00 PM to 7:30 AM. They have a small gym there that you can use on Monday Tuesday and wednesday mornings, and you can also use it from 5:00 PM to 7:00 PM Wednesday, Thursday, and Friday. They have two movies a week, Saturday and Sunday,

They also have a T.V. in the corridor on the range you live on, and the meals come from the main Kitchen at R.R.C..

If anyone of you want to talk to me about this program, I will be glad to talk to you, and be of any assistance I can. I live in 4-B-22. Remember, this program can really be of a help to you, if you really want the help. It's not easy over there, but like I said, it's all worth it.

John Martin #3198

Dear Friend:

I am writing you this letter, because it's been quite a long time since we've received one of your newspapers. We here, intend to reopen our paper very soon. My aim in writing you is to establish a communication between the two institutions, in order to exchange journalistic opinions in general.

The group here, is just getting organized and we have little experience but lots of energy and great plans. Our general goal is of course information about everything concerning the inmate whether in or out of jail or about to be released. We plan to inform the male and female carceral populations about all available and pertinent statistics in Canada, such as how many get out and come back, what kind of program there is in each province of Canada.

We would like some information with regards to what kind of socialization you have in your penitentiary and also what is available to the inmate to prepare him or her for his or her release.

If you have any suggestions or ideas about our project which could add interest to our journal, you are more than welcome.

Thanking you kindly in advance,

Michel Sevigny, Archambault Inst.

Dear Honest Tom:

Enclosed are a couple little poems. They may be corny to some, but others may find that they hit home. Thanks to Ozzie for the new name, CON T.A.C.T.. I only hope that God, in his mysterious ways will one day soon, give knowledge and understanding to the authorities over the less fortunate persons. Then Ozzie will be able to receive and read CON T.A.C.T.

Continued success to you all & CON.T.A.C.T.

Regards,

M. Moore

P.S. Enclosed a \$10.00 money order for continued subscription in the name of Mike Haggart, Sarnia, Ontario

WOMEN'S GROUP

John Howard Society's Woman's Group for wives and girl friends of inmates meets every other Thursday in St. Paul's Anglican Church, corner of Montreal and Queen St. at 7:30 Pm.

Women attend our meetings for a variety of reasons:

- a chance to get out of the house and talk to others
- to learn about the stresses of imprisonment
- to learn about parole and how they can be a part of the release planning
- for information on housing, Mothers' Allowance, Welfare, and budgetting
- for help with problems with children and so on and on.

Transportation and child care is provided. All those interested please contact Maria Neil at 542-7373

LETTERS TO THE EDITOR:

Dear Sir:

I just recieved my first subscription copy of CONT.A.C.T. and I look forward to each upcoming copy. I herewith enclose an article which I recently wrote for CONT.A.C.T. "We're all Prisoners" has never been printed before and was written to express my thought to those of you unfortunate enough to be on the inside... that we are all prisoners, whether we're in there or out here. Keep up the excellent work, I'm pleased with CONT.A.C.T. and proud of those of you who put it all together.

Harry V.E. Keating.

Dear Editor:

Just recieved your issue of CONT.A.C.T. and have read it twice so far. I find it excellent and even better than the AVATAR. Congratulations. Further to my earlier letter, the administration is refusing to up the funds to publish the SLAMMER so I have taken most of the material and put together an Inside News that is being run off on stencils, it just has to go through the censorship process but I expect that later this week. I should have a copy of that out to you by the end of next week. Once again, that's a fine paper, good luck with it.

The Editor- SLAMMER

Editor:

I just recieved a letter from Marcel Picard president of the Inmate Committee in Yellowknife, requesting the names of other joint papers. I thought that you fellows might like to send him a few copies of your paper. He's been in for the last 20 some odd years. He sounds like a real nice guy, maybe you can help him out. They have no paper for exchange though. Keep up the good work with your paper. Congratulations on your name it sounds real good, it's not that I didn't like the other, but I think that this one suits it better. By the way, don't fret. Tightwire will be out real soon.

Editor TIGHTWIRE

Dear Editor:

This letter is not necessarily addressed to the editor, but to the Inmates as a whole. I have had, on occasion, the opportunity to read AVATAR and your recent paper now called CON T.A.C.T. To be constructive, I commend you on your efforts to print and publish a monthly bulletin. It gives several people an area in which to vent their opinions and for some, their frustrations. On the critical side, I notice one over all feeling in every bulletin I have read. It full of "poor me" attitudes. No doubt, to begin with, it was the attitude that lead most men to end up in your institution. Not one of you got there by being choir boys or boy scouts. You are the ones who called the shots, you are the ones who earned time behind bars for whatever reason. You complain about there being NO rehabilitation in prison. In a way I have to agree. As far as I can see rehabilitation has to begin with the man himself. It has to come from within. Stop your bellyaching and accept your incarceration like a man. You aren't there for a good time, but rather a long time. The "system" as you call it, is far from perfect and never will be perfect. Whoever heard of a jail or prison being perfect. Maybe you men should look at yourselves and quit concentrating on "rotten guards!" "deplorable conditions" "deprivations" etc. How can any of you expect to come out of there and be a respectable citizen of a community when all you do is spend your sentence beefing and complaining and laying blame everywhere it should be and continually adding wood to that already over-sized chip on your shoulder. Or do any of you really want to become a respectable citizen of any community. You smirk about bars protecting society from the baddies. Certainly they are. Face it. How would you feel if you worked hard five days a week (and I say that word work with tongue in cheek) to build your own castle for you and your family and someone ripped you off for your prize possessions? Or how would you feel if someone attacked your little daughter or sons on their way to guides or cubs some evening, or assaulted your wife or mother? You'd be the first one to scream "look him up and throw away the key!" So this is why I write to say, cut out the poor me attitude, be a man and do your time like one and maybe, just maybe you wont be on the recidivism list. I know of what I am speaking as I married a Lifer who did his time like a man, came out a man and is now a taxpayer and business man and earns every cent he has and sleeps soundly every night. He blames no one but himself for what he did. Maybe that is why he

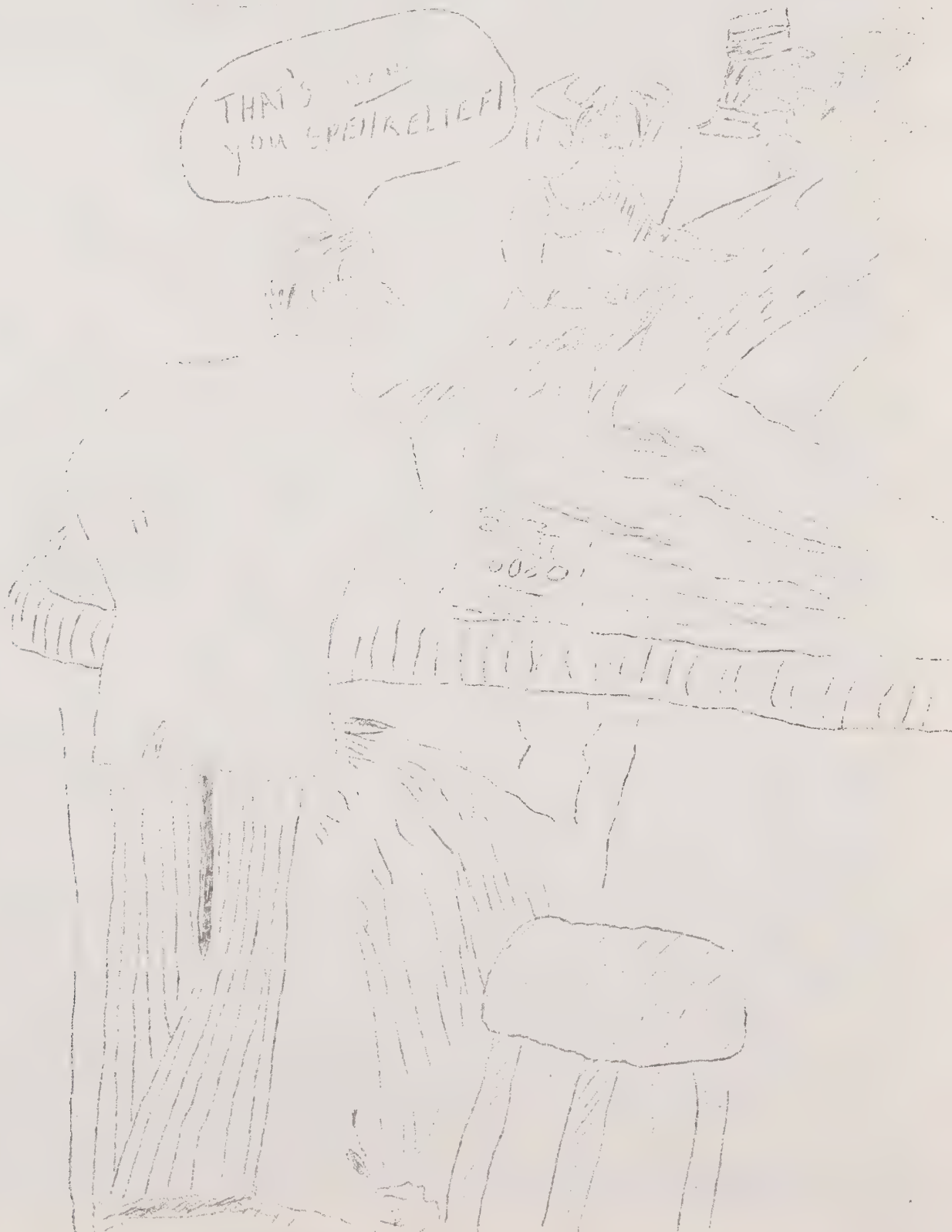
is a man today and very respected by all who know him.
Think about it.

Signed
Wife of a Lifer and proud of him.

ED: NOTE. I wish you would have put your name so I could have sent this little poem to you. But seeing how you never I will put it here for all to see just what I think of you and all your kind. I do not know the mans name that wrote it but I am sure he meet you at one point in his life. DEFIANCE, Someone once said, "live fast-die young" I've lived fast and I ain't dead yet. And I'm here to tell ya the song ain't been song. That'll make this convict's eyes wet. You call me hard core and goddam right cause I'll never flit into your mold. I'll never say yes sir-Iwon't be polite. Don't care if I never grow old. You bureaucrat bastards are having your day. But my day is coming aruond. And when that day comes you'll all gonna pay. And I'll laugh when you're all in the ground. But until my turn comes, I'll laugh at the rain. And all that Putting me through. And my p gnaal need will always remain. "I'm gonna be a -- FUCK YOU..

#####

THAT'S
YOUR SPEECH RELIEF!



FLOOR-HOCKEY

Regular season for C.B.I.'s floor-hockey ended with the "LOUIES" winning the trophy for first place standing. Mgr. & coach Sam Smith fought his way to first place with a total of 16 wins & 8 losses for the year. The Louies had 4 players on the top ten scoring list; their team leader being Bill Stockman with 64 goals & 27 assists for a points total of 155, securing second spot in the scoring race. The three other members of the Louies on the top ten list are; Kelvin Ferguson, Jim Payette, and Phil Atkinson, all listed respectively.

Second place goes to the "RED MACHINE", with Mgr. & coach Tony Merola grabbing 13 wins & 11 losses. The Red Machine also had 4 team members on the top ten scoring list. Paul Perron claimed soul possession of first place in the scoring race by accumulating an impressive 80 goal 21 assist spread for a total of 181 points. Mike Chaston, Mark Whelan, and Boomer Leger were the other pointgetters for their team.

Third position went to the "LEAF'S" and Mgr. & coach Bert Steadman insists his team gave it their best effort. Chuck McGrayne finished third overall on the league scoring list, with 56 goals and 38 assists, totalling a big 150 points for his team. Mike Dillon was also on the top ten list for the Leafs.

The playoffs began furiously and lost absolutely no momentum at all, from start to finish. The "LOUIES" captured everything this year, by winning 5 games in a row in the playoffs. The whole series was a hard-hitting one and the fans loved every minute of it. Every game had a capacity crowd in the gym, cheering their favorite team on.

The following is a list of trophy winners for the year.

LEAGUE CHAMPIONS-----	LOUIES POOL HALL
MOST VALUABLE PLAYER-----	STEVE FORRESTER
HIGH SCORER-----	PAUL PERRON
BEST GOALIE-----	WAYNE HURLBURT
MOST SPORTSMANLIKE PLAYER-----	CHUCK McGRAYNE
MANAGER OF THE YEAR-----	SAM SMITH
FAN OF THE YEAR-----	R. JEAN

The whole year has been a great one, so far as floor-hockey is concerned and we congratulate all the trophy winners and those who were nominated for a trophy. A big thanks goes out to Stan Massie and Al Strong for their professionalism in refereeing the games. We can only hope that next year proves to be as exciting as it was this year.

VOLLEY-BALL

Surprisingly enough volley-ball went over really well this year. There were 4 teams competing for first place, and to date we have the All-stars & the Steelers advancing to the finals. The Champs and the Razor-backs played admirably, but were no match for their opponents.

Once again there was good support from the population, with large crowds at every game. In our next issue, we will have the name of the first place team for the year. Until then, I can only hope the best team will win, but good luck to both teams.

BROOM-BALL

There was a short season for broom-ball this year, simply because it wasn't such a cold winter & the ice melted on us. But, it was successful enough to warrant spending some of the recreations' money for next year.

Seeing as there hasn't been a rink here for approx. 15 years, I think Weiner & Joe Murphy, along with John McKernan and Larry Colbeck deserve a big thanks for getting it all done properly. Broom-Ball has moved into the gym for now and there seems to be a lot of enthusiasm from the guys playing the sport. There should be more on broom-ball in our next issue also.

"NOTE"

I see some of the guys already warming up arms for another year of fast-ball. As a matter of fact, we have a great number of sport enthusiasts here, so we should have a good summer so far as sports is concerned. Get out and get involved it's the only way to do time.

SPORTS-Continued

Tournaments were held recently for Bat-Ball and Ping-Pong so that everybody would get the chance to attend the sports banquet. The turn-out was not as good as was hoped for, but all-in-all, the games went fairly well.

PING-PONG

There were 39 names entered, to compete in this sport. The series was played on a best out of 5 basis, the winner of each set advanced to play the next winner in line.

First place in this competition went to D. Connolly, when he defeated D. Butler, in their best out of five series. Since only 2 winners are to be acknowledged, Butler was the second place holder.

BAT-BALL

Only 16 people showed up for the bat-ball tournament. This sport seems to be played & enjoyed nightly, but come competition time everybody gets cold feet.

Anyway, Tom Havers captured first place in this event, by defeating Mike Dillon in a best of three showdown. Dillon gets second spot, as only 2 people are recognized in this sport also, with honorable mention going out to all those guys who participated in either competitions.

That's all the sports news we have for this issue of the Con.t.a.c.t., but we will be back again soon, you can count on it.

TROPHY WINNERS FLOOR HOCKEY

M.V.P. - STEVE FORRESTER
HIGH SCORER- PAUL PENNOR
BEST GOALIE- WAYNE HURLBURT
MOST SPORTSMAN LIKE PLAYER - CHUCK Mc RAYNE
MR. OF THE YEAR - SAM SMITH
LEAGUE CHAMPIONS - LOUIES
PLAY OFF CHAMPIONS - LOUIES

SHOWDOWN

Best Goalie - BOB GORHAM
Best Shooter - KALVIN FERGUSON

TROPHY WINNERS VOLLEY BALL

LEAGUE AND PLAY OFF CHAMPIONS
ALL STARS

M.V.P. - WAYNE HARGART

SPORTS BANQUET SPECIAL GUESTS

JIM MCGEE Part owner Kingston Canadians
Jim MORRISON Coach Kingston Canadians
PETER DURETT PLAYER Kingston Canadians
KEN KNIGHT Player Kingston Canadians
Toni Orr New broadcaster CHLC Radio
Doug Jefferies Sports announcer CHLC

* * * * *

The Sports Appreciation Day was held on April 21, 1979.

All those who were in attendance will be able to tell you that it was a day for most of them to enjoy the day plus be able to spend some time with the outside guests. For those of you who won trophies, I can think of no better way for you to receive them but in the presence of your families, and those who care the most for you. As the day progressed, we were treated to an exceptional meal prepared for us by several men who worked on this for us with no thanks aside from the words we gave them on that day. I'd like to express my thanks and appreciation for all the workers who put in so much time and effort to make this a very good event, and hopefully we will be able to do the same thing again later this year. I hope that everyone enjoyed themselves, and hopefully this will be an annual event for those of us on the inside. Once again, thanks to all those involved, and I think you deserve a heartfelt thanks from all those who were in the gym to see all your efforts.

HONEST TOM

Free Bernie Guindon T-shirts are popping up in Oshawa and other municipalities.

So are leather key fobs bearing the same message--made by the prisoner himself in the maximum security Millhaven Penitentiary, where he is serving a 17 year term.

The former national president of the Satan's Choice motorcycle club, who lived in Oshawa and was a prominent boxer, was sentenced to the long term May, 1976, by a Sault Ste. Marie judge for conspiracy to traffic in a reported \$33 million to \$60 million worth of phencyclidine (PCP), a horse tranquilizer.

He had apparently been in custody about one year prior to his trial.

Now, Mr. Guindon's brother Jack, an Oshawa press operator who has never belonged to a motorcycle club, is playing a major role in a fund-raising campaign for lawyer's fees to appeal the conviction.

Bernie Guindon was visited by his brother and girlfriend last Sunday and they talked together for about an hour and a half.

"He's feeling depressed because nothing is happening about his appeal," says Jack Guindon, also a former boxer, of his brother who apparently has no quarrel with his treatment in prison.

"Bernie is appealing his conviction because he claims he is not guilty."

While living in Oshawa, the prisoner was a member of the Golden Hawks motorcycle club and president of the Phantom Riders.

The highlight of his athletic career was capturing a bronze medal in boxing at the 1971 Pan-American Games in Cali, Columbia. He was captain of the Canadian boxing contingent.

Mr. Guindon started his boxing skills at a boys' club in Oshawa and won most of his bouts at the Avalon Dance Hall on King Street West, home of the Avalon Boxing Club, the former Community Recreation Association building on Gibb Street, the UAW hall and the Civic Auditorium.

At present, Bernie Guindon is a prison hobby crafts instructor, helping fellow inmates better themselves. He is also an honorary member of the Allied Indian and Metis Society (AIMS).

Jack Guindon and a friend in Kingston say the inmate filed for an appeal within 30 days of his conviction and "still to this day he has not received his copy of the transcript of the trial."

They claim a number of lawyers have worked on the Bernie Guindon case since the court conviction.

"But after only getting started on his case they drop it like a hot potato," say Jack Guindon and his friend. "A number of lawyers had even refused large sums of money to handle the case, saying no amount of money was worth the hot water they'd be getting themselves into..."

The two men maintain some people do not want Bernie Guindon out of jail mainly because at one time he was the national chairman of the Satan's Choice and one of the original founders of the motorcycle club.

"Being in this position, he (Bernie Guindon) was a threat to them as a whole," they suggest. "He at this time had many followers, if that is one wishes to call them, coast-to-coast and getting bigger and bigger. In fact, getting power, so to speak. Therefore, he was a threat to them, or so they thought."

"Call him a biker, a rebel, an individual. Call it anything you want. it's all the same....a person who is different and did not bow down to a certain system, and way of life, followed by most other people."

Bernie Guindon was praised in a 1971 newspaper story for the work he had done with young people involved with boxing clubs.

"He is still helping people out even where he is," says his brother.

He was the first inmate of Millhaven penitentiary to be allowed to leave prison to participate in public boxing matches, according to Jack Guindon.

The two men also say in a typewritten statement: "If in fact Mr. Guindon was guilty, why the 17 years? No one else ever got time like that on one charge. Many people feel that what he has done for certain areas, and people, and Canada, his long five years has been damn well enough. Why not grant a new trial?"

The two men claim that petitions in Toronto, the Tunder Bay area, Nova Scotia and British Columbia urging appeal for Mr. Guindon were

taken from people who had them destroyed.

They now want new petitions circulated and want citizens to urge their Member of Parliament to press for an appeal of Mr. Guindon's conviction.

Meanwhile, the two men are puzzled over a matter concerning Bernie Guindon last year.

The prisoner apparently went before prison authorities and requested a transfer from Millhaven to another prison.

"Around Christmas he was informed his transfer had come through and he would be transferred to Collin's Bay penitentiary," maintains Jack Guindon. "But, a week or two later they told him he wouldn't be transferred, with no explanation."

T-shirts emblazoned with 'Free Bernie Guindon' and 'Free The Frog' cost \$5 and key fobs \$2.50.

Mr. Guindon used to have the nickname "No. 1 Frog" in motorcycle circles.

People wishing to buy the items can call 728-9348.

This artical was taken from the Oshawa Times.

WIGHTMARE

The feeling of loss will wake you,
In the dark and at no time in the night
A hazy lonely period
Where the creatures of fear and sometimes fright.

The scene is one of confusion
Your mind and emotions are for keeps.
They strengthen his cold black eyes,
For "Sweet Joy" Satan weeps.

He never took it from you
It's you who gave it to him.
And there's a thousand more beside you
All overflowing to the brim

You can always pray for salvation
And long for that day when you're free,
Just keep your head and body together,
Cause it's all been a dream you see.

Gordon J. Beasley

I would like to take this opportunity to introduce to you "THE WOMENS GROUP", and explain its purpose.

The womens group is a mutual strength group which provides assistance to families and friends of prisoners and ex-prisoners; sharing our ideas, support, and resources, such as counselling, referral service, and most importantly, transportation for visits to and from Ottawa and the Kingston area.

The Womens Group was an affiliate of the John Howard Society of Ottawa, and was recently forced to establish independently because of budget cuts.

Our next PUBLIC MEETING will be held on May 9th, 1979 at 7:00 P.M.

at the LOWER TOWN RESOURCE CENTRE 40 Cobourg Street
(side entrance off parking lot)

Ottawa, Ontario

(Buses to take are numbers 1 - 2 - 8 - 33 - 77)

For further information please phone

226-2930 or 745-6325

ASKING FOR TROUBLE IN PRISON:

Editorial from the Toronto Star, January 31st 1979.

Canada's penitentiary service threatens to go from bad to worse. Not only has Solicitor General Jean-Jacques Blais announced he has no intention of implementing the key recommendations of the parliamentary committee on prisons, but a crew of computer-armed technocrats has taken over the penitentiary service's headquarters in Ottawa. Knowledgeable people like Conservative M.P. Erik Nielsen believe that the recent violence and nine day work-stoopage by convicts at Dorchester penitentiary in Sackville, N.B. was inevitable in view of Blais' fudging of the committee's recommendations.

"Canada's prisons have been quiet this past year because convicts believed that reforms were imminent. Now that they know it's not happening the lid may come off."

Complicating matters still more, and generally worsening them, is the technocratic approach to prison administration imposed by the new commissioner, Donald Yeomans.

Before his appointment a year ago, Yeomans admitted he had little knowledge of prisons and even less interest in them. Today, convinced of his managerial skills, he is pushing the notion of "cost effectiveness" to extremes throughout the system.

For example, headquarters studies have told him he can run a large 500 convict institution more cheaply than a small, 200 convict prison. He has, therefore, ordered the service to abandon its plan to build a chain of small, specialized prisons. He wants to go back to the large, maximum security prisons that have seen so much violence and disorder in recent years.

But Yeomans has left the human factor out of his equations. One major riot, one smash up of a prison wing by disappointed, disillusioned men who see the return to large prisons as the continuation of old, discredited policies, will undo all the glib answers provided by his computers.

The computers, against the evidence, also predict that Canada is going to need many more federal prison cells in the next 10 years.

As a result, the penitentiary service is planning to build far beyond its present capacity. This in spite of the fact that the rate of violent crime is reported going down and the number of men in the 15-25 year old age group-the most crime prone age bracket-is also dwindling in numbers. Add to that the trend toward parole, work programs, restitution, and halfway houses, and Yeomans' computer projections become even more puzzling. Many of Yeomans' methods, while they might be effective in industry, are forcing prison superintendants into silly positions. At Dorchester, for example, new regulations forced the superintendant to stop the practice of paying men their regular prison pay while they played hockey. For years, the men continued to draw 65 cents to \$1.75 a day even though they spent part of the afternoon on the rink. There never was much work to do in the prison and the men needed the money to buy tobacco, stationery and toothpaste at the prison canteen. It didn't add up to much, but it was important to them. But Yeomans' regulations say that if a man does not work, neither shall he earn. So half a days pay was deducted. The convicts went on strike and cursed their superintendant. Before the Canadian penitentiary service becomes entrapped in similar follies, it would be in order for them to seek the advice of prison-wise organizations such as the John Howard Society and the Canadian Association for the Prevention of Crime. Above all, Blais' experts might consult the people who know prisons best, the guards and the convicts. They have a much better feel for the situation than some technocrat with a computer.

BEYOND THOSE PRISON WALLS.

We wait for a date, on prison calendars
Never really knowing just when
There is either something or someone waiting for us
Beyond those prison walls.

Someday we will be free from this place of eternal punishment
to a life we all consider as a 'right'

We will escape to that place where we will be noticed
That place we all deserve
For we are only living for another chance at life
Beyond those prison walls.

Al Duffy

RETIREMENT.

My rookie days are over
My pilot light is out
What used to be my sex appeal
Is now my water spout

Time was when of it's own accord
From my trousers it would spring
But now I have a full time job
To find the blasted thing

It used to be embarrassing
The way it would behave
For every single morning
It would stand and watch me shave

As old age approaches
It sure gives me the blues
To see it hang it's withering head
And watch me tie my shoes

RECIPE FOR BANANA BREAD

Home cooking for inexperienced chefs

2 Laughing eyes 2 Firm milk containers
2 Loving arms 1 Fur lined mixing bowl
2 Well shaped legs 1 Large banana

No. 1 Look into laughing eyes
No. 2 Spread well shaped legs slowly
No. 3 Squeeze and massage milk very gently, until fur lined mixing
bowl is well greased, check frequently with middle finger
No. 4 Add banana and gently work in and out until well greased
No. 5 Cover with nuts and sigh with relief, bread is done when
banana comes soft be sure to wash mixing utensils and dont lick
bowl.

NOTE: If bread starts to rise, leave town!

G. Hughes

WE'RE ALL PRISONERS

Harry V.E. Keating.

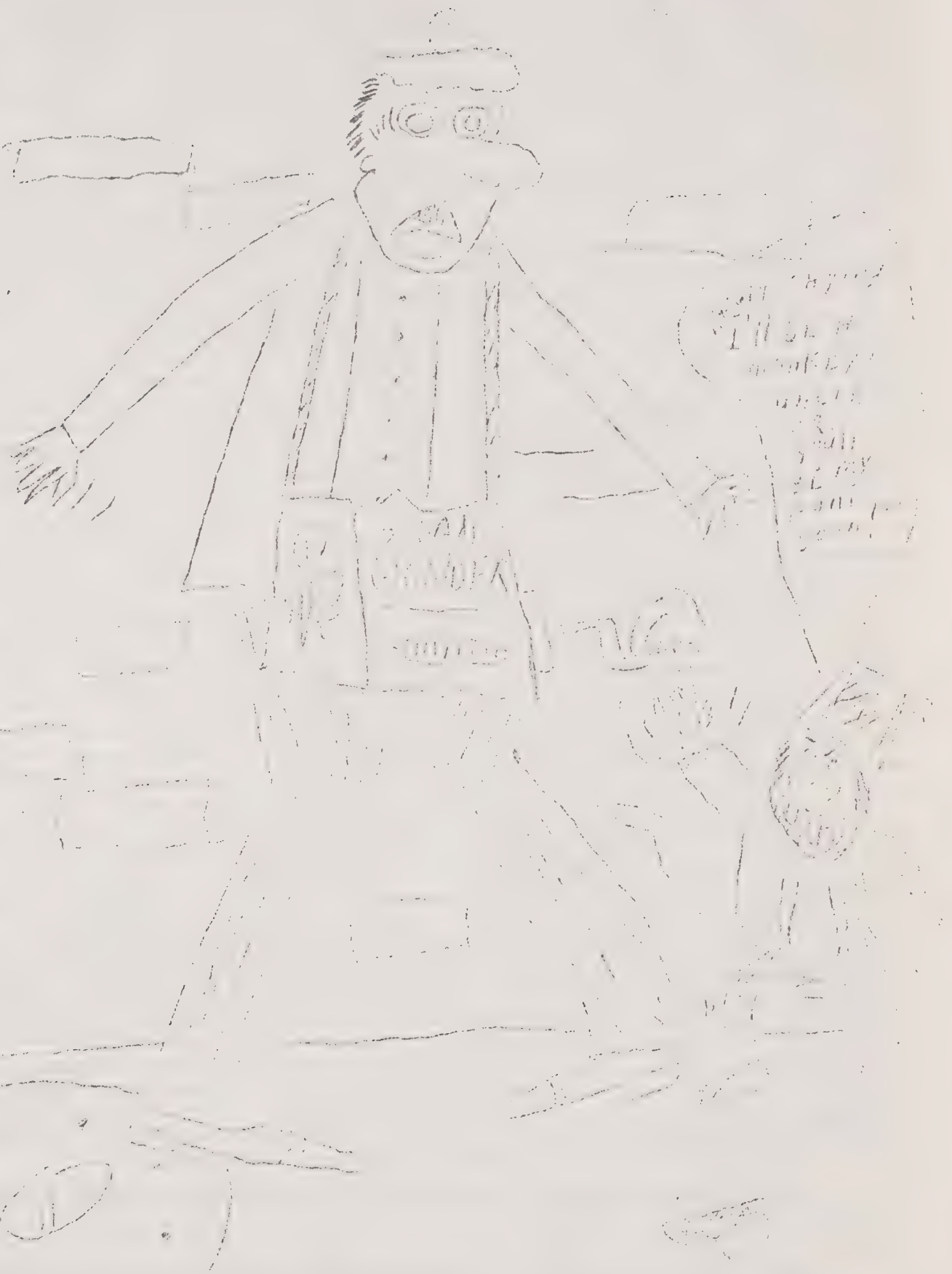
We may not all be inmates of Collins Bay pen, Kingston pen, or any other penitentiary, yet we are all prisoners just the same. Even those of us free to walk the streets are inmates. Our lives started with a nine month stretch of confinement in a dark womb, and we emerged from there only to find ourselves imprisoned by the confines of our bodies. Too short, too fat, too ugly, too slow. Whatever our limitations, we had to learn to live with ourselves. And just as we were coming to grips with our own minds and bodies, we were marched off to school where we were forced to contend with hundreds of other unadjusted, immature individuals. Here teachers told us what to do, how to do it, when to do it, where to do it, and why we do it. And punishment came easy to many of us who either couldn't learn fast enough or didn't want to learn at all. Bigger, rougher students beat on us, others laughed at us, and no one really seemed to understand us. So we endured those many years of being institutionalized by planning the 'Big escape'. Some got out before their time, a few were thrown out, yet many suffered their full term. But we found, during this time, how subject we were to other elements such as family and clothes. Taking off our clothes to romp raw in the sun was fun-- until we found the only burn we got was on our backsides. And family members, though younger or older, brighter or dumber, served to make us seek escape from our family ties. We wondered at times how we were ever going to get away from all the pressures coming down on us. We yearned so much to be grown up so we could be free of authority and yet gain the reins of authority over others. Ever wonder why you took your first job? Sure you do. It offered the freedom, the independence, the security we all sought; but we quickly found we had merely transferred from one form of imprisonment to another-- from the numerous confines of school to the innumerable confines of work. We had a change of wardens the principal was replaced by the boss, but the sentence was the same. It was now we learned the meaning of the term 'hard labour'. And though plenty of us worked for prison reform, we found being mere inmates of a company gave us no more authority than when we were in school. Ah, studies. Yes, night classes, correspondence courses, weekend seminars, anything to improve our lot and get us an early parole from the job prison. But we merely gained transfers or promotions, but no escape. Banks are prisons. And those of us indebted to them are their prisoners. That car, the house, the much needed vacation are what have us handcuffed to those friendly, smiling bankers who are really harsh wardens in fancy clothes. Taxes are a certainty. Therefore, taxes are a life sentence. We can't escape this one easily. Censorship is another. Our movies and books are edited so we don't see or hear anything bad. Yet our newspapers exist by telling us only the bad. Our mail and phone calls are subject to censorship and we can only grin and bear it. Your conscience, if there is anything left of it, imprisons you daily when you levy your own dictatorship on your feelings and experiences. "That's bad." and "I shouldn't do it", and "This is probably wrong" are statements we make to ourselves day to day when we let our conscience, possibly overshadowed by religion, govern our actions. Society, that entity that put us all where we are today, rules our lives. It decides whether we are model prisoners or candidates for capital punishment. It sets the routines we prisoners must follow in order to stay off the gallows. It changes laws at will so we can't keep track of what we are supposed to do and what it is we're not supposed to do. And it seems society's job is not to correct us when we're wrong but to punish us for our wrongs. The womb, our bodies, schools and family, clothes and jobs, our studies, the bank, government, our conscience and society are all prisons. Some of them offer set terms while some are life sentences. You don't have to be confined to a penitentiary to be labelled an inmate; the truth is, we're all prisoners.

ALL WET

WHILE STANDING IN LINE WITH HER FRENCH POODLE, THE DOWAGER NOTICED HER DOG WAS SNIFFING AT THE MAN NEXT IN LINE.

"DON'T BE AFRAID," SHE SAID COMFORTINGLY. "NICKI DOESN'T BITE!"

"MADAM," SAID THE MAN, "I WAS NOT AFRAID HE'D BITE, BUT I NOTICED HIM LIFTING HIS LEG AND I THOUGHT HE WAS GOING TO KICK ME!"



PRISON FOSTERS WEAKLINGS.
from the Telescope
Jan.-Feb. 1966

The dreaded rat first made his appearance in Europe around 400 A.D. and in a few years succeeded in wiping out half of the population. Since that time he has invaded North America and left his mark in every prison, reformatory and place of detention. He has caused untold damage by stealing years of lives and bringing hardships upon his associates. But the sad truth is, he is cultivated and fostered by his keepers.

But in order to understand the role of the snitch in the criminal society it is also necessary to understand the role of the betrayer, traitor, turncoat and informer in the "good" society, and the myths and religions of western civilization, for it is the "good" society's culture which spawns its criminal offspring. Perhaps the first history of snitching is in the biblical account of Adam and Eve. Adam snitched to God on Eve, and then she snitched on the snake who had beguiled her. Thus Adam and Eve became the first informers in the history of man's criminal life, and their sons, Cain and Abel, were the principals in the first murder. Now let's take a look at the Christian world and investigate the snitch job that Judas pulled to bring about the crucifixion of Jesus.

... Then one of the twelve, who was called Judas Iscariot, went unto the chief priest and said, what are ye willing to give me, and I will deliver him unto you? and they weighed unto him thirty pieces of silver....Lo, Judas, one of the twelve, came and with him a great multitude with swords and staves from the chief priests and Elders of the people. Now he that betrayed Him gave them a sign, saying, whomsoever I shall kiss, that is He, take Him. And straightway he came to Jesus and said, Hail, Rabbi, and kissed Him... Then Judas, who betrayed Him, when he saw that He was condemned, repented himself, and brought back the thirty pieces of silver to the chief priests and Elders, saying, I have sinned in that I have betrayed Innocent Blood. But they said, what is that to us? See thou to it. And he cast down the pieces of silver into the sanctuary and departed, and he went away and hanged himself...

So it would seem that Judas was the first to recognize that the foul deed of snitching was just too much for a man to live with. Ratting is an acting out of the unconscious impulses. Although it appears self-preserving, in the criminal culture it is self-destructive and fosters destructive impulses from others. The rat can't win, for no other reason than there are other rats. The snitch wants to injure someone in self-defence, for he believes they want to do the same to him. The rat is the representative of custody in the midst of the prisoners much as a counterespionage would be. The rat himself by his act of informing defeats his aim, thereby increasing his own fear, hostility and anxiety. The rat, fink, stool pigeon or snitch represents a hated, feared and despised prisoner role. Feelings and attitudes are significantly molded by the conditions under which men live, hence the rat is a culturally defined and produced role.

The snitch role rigidifies the convict code or culture and reinforces the basic feeling of helplessness toward a dangerous, hostile world. When administration and security depend upon and foster snitching they perpetuate the warfare between police and criminal and assuage the guilt which the inmate might otherwise have for his hostile feeling toward police and all outside authority. Whatever positive feelings exist are thereby dissipated in further hatred and fear. The tighter the security the more potentially dangerous is the rat concept to the captives and the greater the need of custody to have informers from the very world they have closed off tightly.

In prison social systems, severe punishment not only produces tougher criminals but destroys internal inhibitions and controls and is demoralizing-- a plague in any prison. To merely accept the rat, the fink, the stool pigeon or to try to change the culture by preaching or moralizing, is to miss the entire point. Success or failure of a treatment program rests upon an understanding of the meaning and function of the rat concept.

This should have some kind of a meaning so we will summarize by saying the convict is a criminal failure and the rat is a convict failure

(reprinted from the Pendleton Reflector)

Procedures for Use of Inmate Pay Credits & Inmate Trust Fund

1. In accordance with instructions from Regional Director General, new procedures for the use of Inmate Pay Credits have been issued by Regional Headquarters (Ontario) effective on and from 1 April, 1979.
2. Under the new system, no disbursements will be made directly from Inmate Spending or Compulsory Savings Accounts. (Note: purchases made on inmate Canteen Slips will be processed through inmate spending account.) The required amount must first be transferred into the Inmate Trust Fund Account by the use of Form 1217--Use of Inmate's Pay Credits. Form 314--Inmate's Trust Fund will be raised to disburse the required amount from Inmate Trust Fund.
For example--An inmate requesting \$30.00 from his Compulsory Savings for temporary absence expenses would sign 1217's requesting that the money be transferred to Inmate Trust Fund AND, at the same time, would sign 314's requesting the actual disbursement for T.A. expenses. These forms would be typed and processed in the usual manner, fastened together and forwarded to this office.
3. For bulk order purchases through the Inmate Welfare Fund, the same procedures will be followed, for requests from Inmate Spending Accounts. The inmate will sign the 1217 bulk order list requesting the transfer of funds from Spending Account to Trust Fund Account, AND will sign the 314 bulk order list for the actual disbursement from the Inmate Trust Fund. Both lists will be processed and forwarded to this office on the first working day of each pay period.
4. Inmates will be paid interest, on a monthly basis, on the minimum monthly balance in their Trust Fund Account.
5. If you have any questions, please contact this office.

C.A. Cookman A/A/D (Finance)

THE WARDEN'S DIARY
FEBRUARY 1859

From out of the past--from the time Kingston Penitentiary served what was known as Upper Canada--comes a day from another century. Each month the CON.T.A.C.T. via the TELESCOPE brings you excerpts from the Warden's Diary. The only change from the original book are the officer's names.....

I delivered the keys to the Guard Towers at four o'clock when all was reported quiet. Mr. Kulpin on night duty reported all correct during the night. Saw Deputy Warden come in for the Bell Ringing and to see the convicts put to breakfast. After breakfast, went to town on a matter of accusation against Kennedy--no verdict against him as it could not be proven that he either took out or brought in letters for convicts.

Attended the Punishment Book. Convicts Muratt and Charron continue to flourish on the punishment book. They are both older than their appearance denotes. I shall be obliged to be very severe with these parties.

Being inclined to treat the convicts with consideration, I released William Jones from further punishment although I have little confidence in his statement that he was not behaving in an obscene manner in his cell.

Visited the Female Prison and discussed business with Matron Walker. Matron Walker made a complaint about the unsavory conduct of one Mary Miller who is a new arrival. She possesses a very filthy tongue and will no doubt prove quite troublesome for all. She will bear watching.

I saw convicts proceed to their supper and their seating. I saw to the prison closing and then retired to my own quarters and to my own bed.

Delivered the keys to Mr. Guard Fraser at five o'clock when all was reported quiet. Attended to see convicts parade out with their buckets and to their breakfast.

This day the murderer Whalen was executed at Ottawa for the murder of Mr. Austin. It was a sneaking, cowardly act and hanging was too good for him. Every exertion has been made to save his worthless life but had it even been so, what pleasures could he ever expect.

Convict Nars has been very anxious this day for news from Ottawa. This murderer has cherished his hopes to the last moment. He must never die with a lie in his mouth--but still he states he is not a murderer.

I attended to see the convicts proceed to their cells and saw them accounted for in the Keeper's Hall. After a quiet supper I returned for inspection of the ranges after which I returned to my quarters and went to bed.

I delivered the keys to Mr. Guard Sharron between four and five o'clock when all was reported quiet. Remained to see convicts proceed to breakfast.

Visited the Female Prison for business with Matron Walker. Informed of misconduct of one Shirley Lee. This depraved youth shows no morals at all and has been sentenced to ten meals bread and water for spitting at Matron Walker. Visited Women's hospital and found lunatic patient to be much better. This girl must be under constant observation at all times and is proving to be quite a chore.

Convict William Dill has been charged with making scurrilous remarks to Mr Guard Cunningham. As this is the third time for this convict, he will be placed in the dark cells on bread and water. This convict is a general rascal to everyone he comes in contact with.

After supper I returned to make close scrutiny of my guards as there have been reports that some of them are sleeping while on duty. This can not and will not be tolerated. After being assured that everything was correct, I returned to my quarters and to my bed.

I delivered the keys to Mr. Guard Priestly at half an hour past five o'clock who reported everything correct.

After breakfast I visited the stone shed before proceeding to the hospital. While at the hospital I was approached by convict John Thompson, waiting for a serious operation. This convict has been a problem but of late seems to be ready to make peace now that he is facing his ordeal. Investigated complaints that the hospital is dirty but can find no substantiation.

After dinner I proceeded to attend the punishment book. Sentenced Convict Elcie to lashes of the cat for attacking another convict over nothing. I have considered much more serious punishment but this convict is on the fringe of being a lunatic.

Convict James Smith appeared rather shaken when accused of obscene and abusive language towards Mr. Guard Davidson while being locked in his cell. He is so sincere in his denials that I gave him the benefit of the doubt and let him go with a warning. Convict Adams almost succeeded in hanging himself last night and has a very sore throat. He is confined in the dark cells.

Visited the Female Prison along with doctor Littlefield in order to have his opinion on the lunatic patient. The girl seems almost rational this day and carried on a reasonable conversation with us. Matron Walker says she is having no trouble with her.

After attending to see all convicts correct I returned to my quarters for supper. Returned to the prison at eight o'clock. All was quiet except for the incessant snoring of the unnamed convict on tier E.

Next morning I delivered the keys to Mr. Guard Davidson at fifteen minutes to five o'clock. Everything was reported correct.

The snow is falling very hard and the convicts are not being allowed out to work this day. The risk of escape is too great. The day will be spent in general work around the prison, particularly cleaning up the cells. Some of them are really filthy. There can be no excuse for this. All guards will be held responsible to see that the prison is henceforth kept cleaner.

Attended to see the convicts at dinner and received four complaints about the soup being distasteful. After tasting same I agreed that it was not of a high grade but nothing could be done at the moment.

Attended to see the convicts through supper before proceeding to my own quarters. Visited the prison at fifteen minutes past the hour of eight and upon learning that everything was secure I went home to my bed.

#####

OPERATION SPRINGBOARD:

Dear Tom:

As you know Operation Springboard did offer the Sunday, March 11, ride to Kingston for 5.00 per passenger that is half the cost normally asked for. We would like to inform you that we had a total of 31 passengers on that bus. All the people very much appreciated the fact that, you the men in Collins Bay, had provided this for them through your donation to Operation Springboard.

I would like to inform you that on Sunday, April 1, 1979, we will again offer the same service to all passengers going to all the institutions in Kingston.

We will, of course, have notices typed to the people explaining why the ride is half price and who to thank for it.

Once again we at Springboard wish to thank the men at Collins Bay who donated and in doing so, are helping to keep our transportation service going.

YOURS TRULY

DOUG MacLAURIN
EXEC. DIRECTOR
OPERATION SPRINGBOARD

A PRISONERS WORLD

Church Cross.

"Pale anguish keeps the heavy gate,
And the warder is despair,
And everything that is good in man,
Wastes and withers there. "

Thus spoke Oscar Wilde about the prisons of his day, and although prisons have been drastically changed since then, there is much in the quotation that is true of modern penitentiaries. That which is applicable however, has more bearing on the mental anguish than on the physical suffering endured in our penal institutions. Since the inception of the "New Deal" great emphasis has been laid on providing escape valves for physical energy. Soft ball, tennis, horse-shoes, shows and boxing are wholesome activities and they have been invaluable in releasing pent-up emotions. Bridge games have provided relaxation for many. And yet these things taken individually or together do little to improve conditions which are at the very root of frustrations, bitterness hopelessness and misery of the most permanent part of the prison population, the long-timers. The prisoner necessarily lives in two worlds, the prison world and the outside world. Normally, he cannot ignore the outside world even if he chooses to do so because that is where his hopes of happiness and of release from suffering are centered. It is his goal and very often his interest in it is his only justification for continuing the struggle of life at all. The greater his interest in it, the more his actions and behaviour resemble those of the average person on the outside. This follows as the result of his desire not to acquire habits which will be unacceptable to people with whom he hopes to live some day. For example, he tries to avoid the excessive use of speech and mannerisms that will make him stand out like a sore thumb in the outside world.

On the other hand, he cannot ignore the prison world entirely because that is where he lives, whether he likes it or not, his interests, hopes, morals, desires, sufferings and hatreds are so inevitably intertwined with those of others that he must recognize the fact. Each prisoner is classified by officials and just as surely but often more nearly correct is he classified by fellow convicts. On this latter category largely depends his status in the prison world. Occasionally, a prisoner withdraws his interests from the outside and centers it entirely within the bounds of the four walls. He then becomes in prison parlance a stir bug. He has no interest in anything that has not to do with prison life. He feeds on idle rumors and tales of petty quarrels and silly bickering. To him, the prison is the world because his mind, or rather the lack of it, has made it so. But within the minds of the majority of prisoners, particularly long timers, there rages a continual conflict, caused by the gnawing desire to maintain an interest in and a contact with the other part of their world, the outside. This desire is largely frustrated by archaic correspondence and visiting regulations. To frustration is added bitterness by reason of the knowledge that these restrictions date back to a prison system that was purely punitive and was not intended or expected to be anything else. And so what begins as a perfectly normal desire often results in a bitter hatred that cannot be considered normal by any stretch of the imagination. Hence the convict is forced to confine his interests more and more to the prison world despite desires to the contrary. The longer he remains in prison, the more acutely he suffers as a result of restrictions which unnecessarily wrench from him his morsel of the cake of life. The only exception occurs when he relinquishes hope entirely and fetters his mind to the stone and steel of his prison world.

Another cloud of gloom that hovers over the long-timer as a buzzard hovers over the dying animal is the lack of a parole system. Since the Habitual Criminal Act was passed in 1948, many men have been sentenced under it to what constitutes a life sentence. For them there is utterly no hope based on precedent they will ever spring again. Everything they can see and understand indicates that they will remain in prison until they die.

And yet, perhaps because "hope springs eternal in the human breast" many cling to some slender hope that leads outside. So it is with nearly every long-timer; even though the length of his sentence does not warrant his putting too much hope in ever being released. He still hopes. But the mental conflict which accompanies his burning desire to retain some small measure of the outside world rages from the day he enters prison until the day he is released or dies, whichever the case may be.

Until an adequate parole board is set up and has begun to function and until regulations governing correspondence and visiting are drastically changed, the "New Deal" will continue to have the old look. It will continue to be a wolf in sheep's clothing, and not all the recreation and sports in the world, desirable as they may be, can make it otherwise. This is because they do not go to the root of

the suffering that creates an atmosphere which is harmful to any progressive prison programme.

To salt a man away under the Habitual Criminal Act is to persecute him. To deny him a personal hearing before a parole board is to do him a further injustice by strangling his hope. To restrict him to one visit and two letters per month with immediate relatives is to shrink his world. And to tell him "Prisoners are people" is to bewilder him completely.

EDITORS NOTE: This was taken from the Kingston Penitentiary paper of 1956. I think it is important to note that we have come along way in the past 20 some odd years. At that time they could put you on the inside under the habitual criminal act. Now they just lock you away for 25 years, with no hope!!! How can Society call this a just punishment??? You know what I call it, and I'm sure you call it the same.

ACADEMIC UPGRADING KEY TO CAREER PLANS.

Bill Salewski quit school with a 70 per cent average part way through grade II because he wanted to get some money in his pocket. Many jobs and a few years later he's back at school working towards his grade I2 equivalency. His future career plans are firmly mapped out. And he holds a rewarding and challenging full-time job at the same time. Bill is 24 and co-ordinator of the Sudbury Residential Center, a half way house for men who are just out of prison and on parole. The half way house offers them a chance to re-adjust and look for employment. Anxious to get started on his grade I2 diploma, Bill enrolled in the High school correspondence course offered by the Ministry of Education. Finding the correspondence course relatively easy, but lonely with no instructor to discuss problems with, he also enrolled at Cambrian College in the Academic Upgrading program. He began his courses at Cambrian a few weeks ago at the level in which he left off in High School. Allowed to work at his own speed, he is progressing rapidly and plans to have level 4 completed by November. He is continuing his correspondence courses at the same time. When he has completed grade I2, he hopes to enroll as a part time student at Laurentian University. There are about 20 people in his Cambrian class, ranging in age from about 17 to 55. An instructor supervises the class, answers students questions and helps them with problems as they work at their own level. Bill said he was somewhat apprehensive about coming back to school at Cambrian. He was pleased to find it wasn't what he expected. The adjustment from working for several years to returning to school was not difficult for him. "It took 2 or 3 weeks to get my brain in order and to start thinking about the basics of studying. Then I found it easy and began to think about how to apply what I was learning." Bill pays a \$15 fee every four weeks as a part time student for his upgrading course. He is required to attend classes from 9:30 a.m. to 12:30 p.m. any three days of the week he chooses. He is called a fee payer because he pays for the course on his own. Most of his classmates are sponsored by Canada Manpower. He says almost all of his classmates have plans for the future, few are there just to fill in time. Bill considers that his own job at the half way house is "Totally Fulfilling". It is also valuable experience for his future career. He is responsible for managing the finances at the house, for counselling residents, accepting or rejecting applications from men who want to stay there, hiring the staff at the house and making visits to prisons where he talks to convicts about their plans when they are about to go on parole. He does assessments of the residents progress every 14 days for the National Parole Service. He puts at least 50 hours per week at the half way house and is responsible for the overall conduct of the residents, most of whom stay for a period of from 60 to 90 days. He has room for a maximum of 12 residents, but the average in the house at one time is seven. "I look at the half way house as similar to a big family with some organization to it. Everyone is supposed to be comfortable there and respect it" Bill says. As well as helping men to adjust to being back on the street and showing them where to find employment, the half way house has its own employment routine in its carpentry workshop. The residents are required to work regular hours in the workshop producing picnic tables and lawn furniture to sell locally. They have time off to look for a job, but are otherwise expected to report for work every day. Bill enjoys his spare time and enjoys going to the camp at Lake Umbagog. He also enjoys fishing and bicycling. His future plans include marriage and a secretary.

Remember the men who fought
all the wars
The scars, the wounds,
the screams and the roars.
And all those widows
drying their tears
For the Sons that they
lost, throughout the years.
For the men that they
loved
Who died for our sins
And the country that lived
To indulge in its whims.
Well, here's to the Soldiers
The dogs of war
A requiem for their loved ones
Who deserved much more.
Remember the Peace March
in front of your house
The kid with the long hair
You thought was a louse.
That strange smell that
filled the air
The wars, have come here but
The cupboards are bare.
Libertys' fallen down
the stairs
Our destinys' waiting
alone on the midst
But its filled with puss
From a giant Sist!

R.WAXMAN

THE ROYAL FUSILIERS' MACHINE

The people fill the Stadium
To see the mice, dance on Radium
An ice-pick murders' are the rage
The bears are dead, unlock the cage.
The Royal Fusiliers believe
The Persians take ten years to weave,
The carpets of the British King
So the bears have eaten everything.
All the crowds gather round
To see the poor people, in Shanty town.
Isn't it nice and so sublime
To use a device, that cost a dime,
To install a Queen, inside a machine
Isn't it nice, Isn't it nice
To fall on your ass and land on the ice.
The bears have eaten everything
And fallen asleep inside the machine
And the Royal Fusiliers wonder why
It takes so long for a man to die?
It isn't true that women cry
Every time they kiss and meet a guy,
Isn't it nice, She wonders why!
The people fill the Stadium
To see the mice dance on Radium.
And the British King with his Instalation
Queen
Seem to fit into the same machine.

R.WAXMAN

~~Hearkening to the pealing of a bell on a~~

"TOMORROWS", seem so far away
As I look out through the bars,
Can't remember YESTERDAYS'
This might as well be Mars.
Summers' here they tell me
The winds caress the trees
The stars are bright, every night,
The courts are taking pleas.
The inmates are getting restless
The heat has killed the calm
We all prepared a deathlist
To be delivered at the break of dawn.
Someone's got a ladder
And someone's got a rope
Myself I'm getting sadder
Cause I'm running out of hope.
They say if war breaks out
They're gonna shoot us dead
There isn't room for any doubt
I beleive is what they said.
At half-past they made the break
Running through the yard
16 men on the take
Killing every ~~man~~.

R.WAXMAN

I'M GONNA FIND ME A DANGEROUS WOMAN

The fire in your eyes
has me memorized.
As I climb onto your thighs
I'm lost and Hypnotized.
Your love is like a sea
Your juice is drowning me.
Your lips won't let me be
You've lost your "VIRGINITY!"

Virgin baby, we can't find you
Your wet and moist, like the morning dew.
Your heart is beating
Like central heating
My penis, is your GURU!

I'm lost and hypnotized
lying inside your thighs

VIRGIN BABY:

R.WAXMAN

If a man could make his body spirit
and appear in the shadow of cloud and
mist, he would begin to apprehend that
the common clay is a shackle. And if he
could hear the tender voice of his in-
ner self in the chirping of birds, he
would be able to perceive that passions,
ARE SPEARS!!!!

We are always happy and thankful to receive your poems and articles. Please
try and keep up the good work, because it is you people that make this Paper
possible.

HONEST TOM.

CANADIAN PRISONS ARE VIOLATING U.N. TREATY BY FORFEITING PAROLE.
Globe and Mail, 3/10/79

Hundreds of inmates wouldn't still be in Canadian prisons if Canada were living up to the terms of a United Nations treaty it signed in 1976, a Queen's University law professor says. The prisoners involved are serving time in prison which they had already served on parole, but which they lost credit for when their parole was cut off. Stuart Ryan of the Queen's law school, and Etel Swedahl, a student at the school, said this week they will seek a hearing at the U.N. human rights committee if they cannot persuade the Canadian government to apply the terms of the International Covenant on Civil and Political rights as they say it affects their clients. Their dispute with the government concerns prisoners who were released on parole or supervision before October, 1977, and later were returned to jail for offences committed while on parole. Before October, 1977 no credit was given to such persons for time on parole. In 1977, the law was changed so that time spent out of prison was counted toward completion of a sentence, but the law wasn't made retroactive.

According to Mr. Ryan and Miss Swedahl, that violates one of the articles in the U.N. covenant. Article 15 states that if a penalty for an offence is reduced a person who committed that offence before the reduction in penalty will get the benefit of the lighter penalty. Miss Swedahl is working on behalf of a prisoner named Alexander MacIsaac, who was paroled in 1972 and had his parole forfeited in 1975. She has written to the parole board and to the cabinet office arguing that the cabinet should issue an order giving Mr. MacIsaac credit for his three years on parole. The parole board has rejected her argument, she is still waiting to hear from the cabinet secretary. Mr. MacIsaac originally was jailed on several charges of robbery in 1968, his 1975 sentence was for break, enter and theft Miss Swedahl said. Mr. Ryan would not reveal his client's name, but said the man was released on parole in 1971 for 3 1/2 years before being sent back to prison, having forfeited his parole after a conviction on a subsequent offence. Mr. Ryan said his client's convictions were for breaking and entering. "The effect of that second conviction was that he was required to serve again the amount of the term that remained unexpired at the time of his release on parole."

Plus the sentence for the new conviction, Mr. Ryan said. Miss Swesahl's client Mr. MacIsaac, was released from prison wednesday and is serving the rest of his sentence under supervision. She is still trying to get his sentence reduced by the three years he spent on parole. She said Mr. MacIsaac told her there were several other prisoners in similar situations at the Pittsburgh minimum security prison near Kingston and they are anxiously awaiting the outcome of her efforts.

Mr. Ryan said his client is nowhere near the time of his release. Mr. Ryan has also written to the cabinet office about his clients case, and recieved a letter from justice minister Marc Lalonde saying he could not recommend reducing the man's sentence. The government's position is set out in a letter from J.H. Hollies, legal adviser to the parole board, who said, "I do not agree that the consequences under the parole act of a forfeiture of parole amounted to a penalty within the meaning of Article 15 " of the U.N. covenant. In an interview, Mr. Hollies said he thought foreiture of parole was "more of an administrative act than a penalty". Mr. Ryan and Miss Swedahl say they are seeking action from the cabinet because Canada's courts don't normally recognize international treaties in canadian law. Thepair has the backing of K.V.Raman, another member of the law faculty who worked as a law researcher at the U.N. for several years. Mr. Raman points out that if the case is taken to the U.N. human rights committee the committee would have no power to force canada to abide by it's decision. The convention has been ratified by 55 countries, including canada, the United Kingdom and the Soviet Union, but not by the United States.

* * * * *

LAUGH/A/LITTLE

By--Bill Shannon

A New Yorker was travelling west in a Pullman when a group of chamber of commerce boosters from Kansas City, Mo., boarded the train and began to praise their city to the New Yorker, telling him of it's beautiful boulevards, large industrial establishments, and it's wonderful possibilities. Finally the New Yorker became tired and said the only thing that would improve their city would be to make it a seaport.

The enthusiastic Kansas Citians laughed at him and asked how they could make it a seaport, being so far from the ocean.

The New Yorker replied that it would be a very easy task.

"The only thing that you will have to do," said he, "is to lay a two-inch pipe from your city to the Gulf of Mexico. Then if you fellows can suck as hard as you can blow you will have it a seaport inside half an hour."

A party of young men were camping, and to avert annoying questions they made it a rule that the one who asked a question that he could not answer himself had to do the cooking.

One evening, while sitting around the fire, one of the boys asked: "Why is it that a ground-squirrel never leaves any dirt at the mouth of it's burrow?"

They all guessed and missed. So he was asked to answer it himself.

"Why," he said, "because it always begins to dig at the other end of the hole."

"But," one asked, "how does it get to the other end of the hole?"

"Well," was the reply, "that's your question."

A non compos mentis patiently held a fish pole and line in his asylum retreat.

"What are you fishing for, my man?" asked a visitor.

"Suckers," he said, without looking up.

"Caught any?"

"You're the ninth!"

A man was fumbling at his keyhole in the small hours of the morning. A policeman saw the difficulty and came to the rescue.

"Can I help you find the keyhole, sir?" he asked.

"Thash all right, old man," said the other cheerily, "you jusht hol' the housh shtill and I can manage."

(Lethargic Larry) "Say, dese rail road police got a tough life, ain't dey-always trampin'a beat."

(Ossified Oscar) "Yeah, and when dey ain't doin'dat, dey gotta be beatin'a tramp."

"Gimme a dime for a cup of coffee?" asked the hobo of the plain-clothes man.

"Do you ever work?" said the plain-clothes man.

"Now and then."

"What do you do?"

"This and that."

"Where?"

"Oh, here and there."

The plain-clothes man took him to the police station.

"When do I get out of here?" wailed the hobo.

"Sooner or later," growled the desk sergeant.

MOUNTAINEER (to three-year-old son) "Ezry, quit pointin' that thar gun at yore little brother. Hit might go off and kill one of them chickens he's playin' with."

A patient in the infirmary awoke after an operation and found the blinds of the room drawn.

"Why, are those blinds down, doctor?" he asked.

"Well," said the physician, "there's a fire burning across the alley and I didn't want you to wake up and think the operation had been a failure."

Angus was helping at the accouchement of his wife by holding the paraffin lamp. When the doctor had produced not one but three fine babies, Angus disappeared with the lamp.

"Here, come back with the lamp. I think there's another!" called the doctor.

"I will not!" called back Angus. "It's the light that Attracts them!"

A teacher asked the children to submit a couplet made to rhyme with Kelley. Little Willie released this epic:

There was a likely lad named Kelley.

Who waded in the brook up to his knees.

"Where is the rhyme?" asked teacher.

"Water wasn't deep enough!" replied Willie.

May every man be what he thinks himself to be.

-27-

A Prison Revolt For Democracy
Toronto Star Special

Ottawa - After one of the most extensive investigations ever undertaken by a Parliamentary committee two years ago, a special, all party subcommittee of the Commons Justice Committee rang the alarm bells on Canada's penitentiary system as loudly as it could. In an unanimous report, the 13 member subcommittee painted a nightmare portrait of a jungle in which the strong prey on the weak, prison Directors live in fear not of their prisoners but of their staffs and "Hoodlum guards" brutalize inmates and deliberately incite them to riot in order to qualify for danger pay.

"Large scale reform", the subcommittee declared, "is imperative. . . as a matter of the utmost urgency". It made 65 recommendations, including the removal of the penitentiary service from the public service system and its establishment as a separate agency. In the two years since that report was presented, the Justice committee has watched with mounting anger and frustration as the Solicitor - general's department ignored all the major recommendations of the report while making a big show of implementing a handful of minor ones.

That frustration proved to be the father of invention. Resorting to an ingenious and unprecedented parliamentary manoeuvre, the committee managed recently to bring its anger to the floor of the commons and force a day long special debate. Ostensibly, the committee was advising the house that, in order to proceed adequately with its current study of the rights of children, it would need to have its terms of reference expanded to include the "incarceration of children, and the penal system as it relates to both children and adults." But once its request reached the floor of the house, all pretence was ended. "If you scratch away the parliamentary niceties," Conservative James McGrath declared in opening the debate, "what you will find is a mini revolt by one of the standing committees of this house." The revolt was directed at what Liberal Simma Holt described as the "crisis and tragedy" of a penal system that renders inmates "more dangerous when they come out than when they went in." But it was also directed at something far more basic even than that. The top bureaucrats of the penitentiary service "are not implementing our report, but rather finding ways not to implement it," Holt charged. "Twenty months ago we recommended that regional headquarters be eliminated," she reminded the M.P.s. "What has happened since our report was tabled? Regional headquarters were enlarged." Conservative Bruce Halliday had much the same thing to say about what he called "the most important issue facing not only the prisons, but governments in general." Bureaucrats "have assumed the role of elected officials," he said. "They have taken on the role of policymaking" as well as that of implementation. He described how, on learning that the solicitor-general's department had rejected one of the subcommittee's recommendations on the basis of a commissioned study. Sorry, he was told, the study is for departmental eyes only. "We have lost track entirely!" he told his fellow M.P.s "of the relationship which should exist between the elected representatives of the people and the people we hire." A number of M.P.s compared the current solicitor-general, Jean Jacques Blais, unfavorably with his predecessor Francis Fox, who was responsible for launching the justice committee on its penitentiary study. Fox, they said, recognized that wave of unrest in Canada's prisons indicated that his department must be doing something wrong.

Blais, as Halliday put it, has simply been "conned" by his officials into stone-walling on their behalf. In the aftermath of the debate, Mark MacGuigan, the Liberal M.P. who chairs the justice committee and also chaired the subcommittee which produced the penitentiaries report, assessed the result of the insurrection. "We won" he said. "But we won nothing". Parliament unanimously voted to expand the justice committee's current terms of reference to include "the penal system as it relates to both children and adults". That means the committee is free to make further recommendations that the solicitor-general's department will be free once again, to ignore.

In the short term, MacGuigan is doubtless right. In the longer term, though, the justice committee's hollow victory may prove to have been a landmark on the road to a renewed parliamentary democracy.

* * * * *

PEOPLE OF FREE SOCIETY WHERE ARE OUR EQUAL RIGHTS?

I get so damn frustrated when I hear about people having various rights to live as they please in a free society. Supposedly a permissive society to do what you want to do when you want to do it providing you do not fracture the rules and regulations that govern this unique type of freedom. As far as I am concerned, we are prisoners of a punitive society who have fallen outside the established norms of a rich man's paradise where there is justice for the wealthy and injustice for the poor. It is easy when you are rich to say there is justice but try convincing the poor man. Just for the sake of argument, and to prove that I am not drowning at the mouth to discredit any government organizations or political institutions (as you definitely know they don't need any help in this undertaking) I cherish the thought of giving you some known facts and truths about our courts and judicial justice.

Since our Prime Minister is noted for being the backbone of our country (certainly not the backbone of the Canadian dollar) let us speculate on this unique being.

In a statement made by Pierre Trudeau following the investigation of the RCMP wrongdoings he said, "If the RCMP broke the law, to enforce the law, then we should change the laws to make their acts legal". How does Trudeau account for this paradox? Is it possible that he was smoking some of that weed that his wife apparently enjoyed?

Anyone who knows anything about history, will surely remember the Gestapo and S.S. German Police. Well, Hitler gave them unlimited power to act out their positions. Was this Trudeau's intention? By the way, what is a Police State?

Another law that Hitler passed (or I should say approved of) was the long gun law to take the guns out of the hands of the German citizen, and advised them that they need not be alarmed because the Nazi Party would protect them. Do you know of another country that recently introduced a similar law? If you do, don't worry about it, I'm sure the RCMP will go out of their way to serve and protect you.

Incidentally, while we are on the topic of RCMP wrongdoings let us speculate on some of their activities during the FLQ crises.

During the Inquiry into RCMP wrongdoings, an RCMP informant gave testimony stating that he and his comrades in a campaign (best described as it takes a thief to catch a thief) that they did an act of arson insofar as burning down some poor farmers barn. When asked why they burned down this barn, he simply stated that this building was a suspected meeting place for the FLQ terrorists. What I would like to know is what right does a policeman have that allows him to commit arson? Have you ever heard the old saying that clothes make the man? Well, apparently this is true, because if you wear a Smokey Bear hat you can either put out forest fires or start barn fires.

Another prime example is that the RCMP tried to get a citizen to spy on the FLQ but he refused to cooperate with any of this cloak and dagger stuff. No doubt the RCMP were frustrated at this man's reply, so they apparently contacted this man's employer, and following shortly this man was discharged without reason. What right do the police (the name does them justice) Pigs Of Law In Canadian Environment, to discredit a man's ability to make an honest living? I often-times wonder if our gracious police force inform an inmate's employer advising the employer that the employee is an ex-convict? It may please you to learn, however, that this man is currently demanding a \$350,000.00 law suit.

Judges known for their impartial and unbiased view of criminals who perchance are unfortunate enough to get apprehended is but another facet of our great judicial concerns. Vancouver boasts of this one judge, who, under the influence, was caught in the presence of a prostitute (what he was doing with her is anyone's guess) but he is going to have to live with his conscience. Was he guilty of any crime?

As you are aware, many drunks have been apprehended, fined or/and imprisoned for that offence. Prostitutes have suffered the same ordeal and who can honestly say what others have directly or indirectly been judged by this man. What I want to know, is what gives this man the right to judge others for the same offence that he himself has committed? Is this a prime example of Canadian Justice?

Have you ever heard the old saying that a sleeping fox catches no foul? However, I must admit that I know of one Fox that was quite active in Ottawa, and since

all foxes are renowned for their treachery, this fox was no exception. This member of our so called bureaucracy endorsed a legal document so that his girlfriend could obtain an abortion. The only mistake that he made was by signing his girlfriend's husbands name. This is a case of forgery but providing you have the right name it appears to be justified. In any event, you have to look at the humour of it all. One bad screw and the whole Cabnit falls apart.

I could ramble on and on and on but what is the sense. You cannot change actualities. So meanwhile, stand up for your rights and demand equality. It is your prerogative.



God Knows no Strangers

God knows no strangers, he loves us all
The poor, the rich, the great, the small
No-One is a stranger in God's sight
For God is love, in his light
May we try too, in our small way
To make new friends from day to day
God is a friend who is always there
To share our troubles and lessen our cares
So pass no strangers with an unseeing eye
For God may be sending a new friend by
So Father, make us kind and wise
So we may always recognize
The blessings that are ours to take
The friendships that are ours to make
If we only open our hearts wide
To let the sunshine of love inside

The Dying Man

Can we not aid, the dying man
For now his dreams are all gone
And his leafy shadow nightmare has appeared

The Dying Man

A man great in his conceit
And a small man in his humility
His pride and humility saved by his dying

Many times he died
Many times saved again

Suppression of breath
He knows death to the bone
Man has created death
Said the dying man

- - - - - Willie Mills - - - - -

Winners

Bingo Results
Feb. 16 1979

Door Prize

Game # 1 Boyer
Game # 2 McGrayne
Game # 3 Havers
Game # 4 Whomack
Game # 5 Ferguson
Game # 6 Wilson
Game # 7 Keeler
Game # 8 Johnston
Game # 9 Majeste
Game # 10 Daybutch

Taylor
Ryan
Ferguson
Mathews
Smith
O'Brien
Cadieux
Holberg
Monahan
Butler
Hatos
Lamure
Renaud
Jones
DeWolfe
Marsh
Boundy
Richards
Chorney
Massie

* *Z * * * * * * * * *

A RITALIN FREAK

I've been a Speed Freak---And a Ritalin Freak too
And I can't tell the difference---And neither can you.
So we'll just call em Rit Freaks, let it go at that
One thing for sure, they never get fat.

Speed Freaks and Rit Freaks are all the same
In a pill-poppin party, or a poker game.
He's playing poker, he needs the ten of spades
Then he folds a good hand, cause everything fades.

It's a far out party; Everyone's out of sight
But he fucks it all up and starts a big fight.
WATCH-OUT, here he comes; he thinks he's King Kong.
And the next day he says, "Hey Man, Whats wrong?"

Danger Signs everywhere, but he pays them no heed
His mind is racing, but his bodys 'in the lead.
When he's Rittled, he thinks he can fly
But when he's straight, he's not a bad guy.

Paranoia makes him talk from the side of his mouth
And makes him look north when he's walking south.
Every car he sees has got a white door
But that don't stop him, He'll do some more.

CHESTER GOODWIN....

PLEASE DON'T WRITE

Sitting on the edge of my mind.....
I dream of the girl I left behind,
IRON BARS, block my point of view
The Suns' gone down....the skies arn't blue.

The Jumba man plots his game,
To drink the evil called COCAINE.
My heart cries out alone in pain,
Inside my mind, I hear your name.

Whats done is done!, laments the wind.
The game goes on.....noone wins,
Except the lovers, on the brink
Except the Wise Men, who won't wink.

Heed this message that I warn
Hell hath no fury, like a womans' scorn.
If in the darkness, you see the light,
Then pack your bags, escape at night.

Don't look back....it's an awful sight
Don't look back and PLEASE, don't write.

R. WAXMAN

VALLEY OF THE LEPERS

Ravaged hands and scars abound
Across the pit I look
Their living underground
You won't find it, in a book.

This valley of pain and sweat
is DEATH
This valley is a poison
The living are lying dead,
Their walking in indecision.
grok

R. WAXMAN

LOVE.

Love can make you feel all right
Love can make your heart turn right.
If you love someone like I do then,
You'll know just what to do.

Love can make the world go round,
So let me know when you're around.
Love can turn you upside down
So let your heart flow all around
and maybe then you'll feel all right
So when you feel love say,
D-Y-N-O-M-I-T-E.

LOVE

Love is like two birds in a nest
a Mother a Father and all the rest
people think its the greatest thing because
it causes marriage, and other things.

War is not the sign of love because of
the fighting in the world around
if people would stop and think a
second then the world would be a whole
lot better.

- Gabrielle Boulay.-

THE STRING.

Pull the string late at night, the power went out, that wasn't right, Sure the
lights worked fine, they always do a string was pulled by you know who,
If it weren't for that I would have been fine, but in here without music, and
still the light shines, one day the power, mother the reception but turn off
my stereo, what a sadistic conception.

I read a letter the other day, said send me some money, please right away but
before I did I checked the date was sent on Sunday, today 's Friday, man thats
late. Yes the strings are pulled here every day, anything you've got electric
I'd hate to say. You feel like drowning, swimming forever for shore but it'll
be fixed, in an hour or more .

But here comes the best, the favorite of them all, the T.V. set game, where for
some, the outside world can fall overtime, the series is tied, an important
game, then "eleven o'clock count up" oh what a shame, but you said we could
watch it if it goes late "get in your cells , its been on since eight",
well if whoever pulled that one was hung he'd sing. "You weren't the ones that
was supposed to pull the string.

WHAT HAPPENED

One day about the end of the year, my friend and I sat drinking some beer well
an hour later, slowly but sure we got drunk, at the time, no cure.
We talked about life, friends and the Joint sooner or later we got to the point
that life was going nowhere, most of our friends, dead the rest in jail, we called
the living dead.

So finally, like everyone, we were low on the dough this guy flashed a roll, oh !
why did he show. Our eyes met one another, we knew what to do followed him outside
rolled him, killed him too. We quickly ran away with blood on our hands and lots
of money in thick rubber bands partying, booze, women and smoke the greatest time
of our lives, but this was no joke.

No sooner we woke, with a hell of a hangover, in a van with one huge mother
trucker, who was'nt a man the judge said "Life" thats all for today and the next
thing we know, its off to the Bay. One day years later, nothing has changed, we
get the feeling that we were short changed wonder what the hell happened back
there at the bar we got life so foolishly, which was about par.

We party now with our friends, they're all still the same we really don't miss m
much, we just lost the game but one thing we found, we won't ever drink, not a
feather sooner or later we all quit, forever . But don't quit dreaming of that
day, far away when we both walk out that door, so happy, and say "Let's go
straight and get married, O.K.?".

THE STREET IS LIKE A ZOO

I got a fifty dollar bill in my hand
I'm waiting for the man on St. Joseph Ave.
I've got my gun in my pocket
and a spoon in my boot.
My eyes have fogged their sockets
I'm waiting for some roots.
The skies are blue,
On St. Joseph Ave.
The dealers move in between, the marketplace,
The cops, the Queens, the whores in skiny lace.
Run down, main line, pawnshops
Hawking all your wealth.
The soiled sheets, the hustled streets
The palce that have been
On St. Joseph Ave.
The skies are never blue, I'm moving
Through the crowd.
The cops are yelling loud, I'm running
From the chase.
I've got cold chills running through
My veins, In my mind, I'm calling
Out Jesus name..
Run into an alley, kick gabbage from my path.
I have to do a fix, I gotta feel Gods wrath:
On St. Joseph Ave.
The skies are never blue
The lights are bright every night
The street is like a zoo. R..

Spurs of destiny don't stop my ass,
Give me one more chance to nail them at the pass.
I've got a problem, that I can't solve,
Even the Savior won't get involved.
I think I'm going blind with fear,
That don't give a fuck that I'm in love.
With a danc'r.
They call her Lady Luck.
They say that love is for the romantic
and the fobls,
It's just a mask I wear, Taht conceals my
Larceny, Dear I need that Spurn of
your destiny..
R.V.

The accused stood alone in front of the court,
The judge, his voice was stern.
He said young man I know your suit,
Your kind will never learn
You spurn our laws cried out the cops,
And violate our girls, you flash around
Like Santa Claus & try to take the world.
With dope and sex, you cut a path of sin
You rock and roll and sell your stuff
But we will always win
We have the law on our side, and don't you forget it,
We're using genocide to get rid of it.
Hold it, Said I. Brandishing a gun pointed at the judge,
You lie and cheat and bribe your wife, and you even
Fuck your son.
Don't move the cops cried out, and the courtroom
Came to a stop. But as soon as I had turned about,
I had already been shot.
The headlines in the papers, front page now indeed,
Forgetting all the rapers, convicting the evil weed.
A drug crazed man shot down in court. A heroic move
indeed. The coppers are promoted, now I'm buried
in some weed.
R.V.

DOWN ON ST. MARYS STREET

Down on St Marys Street
way down to the tube
Vaseline mama, grand pianos
Annas babys are like sweet meat
Up down the alley,
Behind closed doors,
Brandishing my guns and spoons
I move across the floor
And I run right into
Celestia the wandering whore
With revolving doors,
Right on her person!
Down on St. Marys Street
The hippies and rounds get
together, and meet the freaks.

R.V.

A DROP OF WATER

A drop of water has the taste
of the water of the seven seas.
There is no need to experience
all the ways of worldly life.
The reflections of the moon on
one thousand rivers, are from
the same river, and the same
moon. H.T.F.

A man must neither be found
by the Cosmic Law, nor
entangled by the Void in order
to put his body and mind at
ease. For to put your mind
at ease, you must live with
the one thought of freedom to
be the man who will one day be
the answer to all the problems
that man has yet to find. If
you have read all this, you will
understand just what it is that
you are being told, but should
you fail to do so, you fail!!!
H.T.F.*

1	11	21	31	41	51	61	71	81	91
2	12	22	32	42	52	62	72	82	92
3	13	23	33	43	53	63	73	83	93
4	14	24	34	44	54	64	74	84	94
5	15	25	35	45	55	65	75	85	95
6	16	26	36	46	56	66	76	86	96
7	17	27	37	47	57	67	77	87	97
8	18	28	38	48	58	68	78	88	98
9	19	29	39	49	59	69	79	89	99
10	20	30	40	50	60	70	80	90	00

A SHAME

A very special day for those who rate, from a special place to those who hate
The ones who don't really give a damn, no respect, no class, low lives say's sam

How can you fail to stop and think, abot your friends values, you say they stink
If you were the one who had to pay like god, or would you just walk away
with your back to everyone, your nose up high and ruin this day, you junkie

The nods and smiles and ears, you fool play perfect company for those who stool
now you rest in broken shame if you do it again, you can bet you'll get the same.

THE HARD WAY.

Ther once was a copper at ~~XXXX~~. they fed him power but he got too high
The convicts saw him so big and bad but they knew all along that he could be had
So they schemed and they planned and they set him up good and the narcs pinched
him cold like the plan said they should
now that copper looks out from his cage in the joint and he knows that they know
that he got the point.

WHY?

Why is it always me sitting in here
what have I done to deserve such fear

I have seen nothing and done no wrong
but still it happens I am the one

When will they release me from this hell hole
and let me go back to my own soul

Lord-

Man to man is so unjust, for no-one knows the man to trust
So I have trusted in my sorrows, live to-day and die to-morrow.

A place that we dwell, we all call a cell
some hold it close to their hearts then the coppers come
and tear it apart
It hurts us a lot within our thoughts of the price
we have to pay
from the pain, of the fear of the coppers
driving us insane
and so it still remains as we maintain
our sanity.

#####

BAD BLOOD

Just in case some of the men in here don't know it, we have a serious problem.
We Have bad Blood. To explain this I guess I better go back and bring you up to
date on something that I thought would be of benifit to the poor souls on the
streets. You've no doubt heard the same appeal on the radio and T.V. that the
Red Cross needs people to donate blood. Well, I had the head of Social Development
get in touch with the local Red Croos to see if we could donate blood from in here.
The reply was as follows.

Dear Mr. Judson:

I want to thank you for your interest in the Red Cross Blood Donor Program.

Unfortunately, because of established guidelines, we are not able to operate clinics
at Federal Institutions. However, I would encourage your staff to participate in
clinics within the Kingston area, as their donations would ensure additional stability
to blood supplies for Kingston Area Hospitals.

Once again, thank you for your interest.

Yours truly,

Scott Borland
Area Director
Eastern Ontario Region
Blood Donor Service

CROSSWORD CLUES

DOWN

- 1 Blot, Stain
- 2 Hawker
- 3 Inc. Chinese Sovereigns
- 4 Jackal Ind.
- 5 Betel
- 6 Sward
- 7 Hunter
- 8 Umber
- 10 Snew
- 13 Sockdologer
- 15 Junket
- 16 Soul, Spirit
- 17 Heavenly Body
- 19 Expulsion - spell
- 23 Burden
- 24 Eschar
- 26 Mealies (South Afr.)
- 27 Leard
- 32 Yerba
- 33 Adrenaline
- 34 Execrate
- 36 Hooked
- 38 Optic Orb
- 39 Honorarium
- 40 Note-Cast
- 42 Row
- 44 SAC
- 46 Leisure
- 47 Mode
- 49 Aulet or Take (past tense)
- 54 Ball, Dam
- 56 Belly
- 57 Meadow
- 58 Alien, Strange
- 66 1,000,000
- 67 Feline
- 68 Tellima
- 70 Ahoy
- 71 Bury

- 73 Sylph
- 74 Join Together
- 75 Type of Snake
- 77 Finished
- 80 While
- 81 Brandling
- 84 Beverage
- 86 Ax
- 89 Sloth

ACROSS

- 4 Pungency
- 8 Lady Love
- 9 Nudibranch
- 11 Ceramic Sieve
- 12 Larboard
- 14 Immerse
- 16 So. Amer. Mountain Lion
- 18 Elide
- 20 Note
- 21 Beast of Burden
- 22 Prairie Wolf
- 25 Catkin
- 27 Bustle
- 28 Monoceros
- 29 Sun God
- 30 Kokoon
- 31 Fugitus
- 35 To Play a Mean Trick
- 37 Exist
- 39 Unravel
- 41 Cash
- 43 Rent
- 45 Mite
- 48 Jail
- 50 Hoi (Hawaii)
- 51 Printers Measure
- 52 Apis

- 53 Aromatic
- 55 Himalayan Marmot
- 56 Stalenate
- 59 Electric Catfish
- 60 Anent
- 61 Afr. Plant
- 62 Nauck
- 63 Inlet
- 64 IX
- 65 Unleavened Bread
- 69 Soft Brie (pl)
- 72 Potash
- 74 Covert
- 76 Saros
- 78 Pronoun
- 79 Hornet
- 82 It's ___ Top Of
- 83 Areostat
- 85 Health Resort
- 87 Exert
- 88 Radical (Abb)
- 90 Admire
- 91 Expurgate
- 92 Ensoled

THE FIRST ONE TO COMPLETE THIS CROSSWORD PUZZLE AND BRING IT TO THE OFFICE WILL WIN A CASE OF POP. GOOD LUCK, HONEST TOM

LIMERICKS
by Harry V.E. Keating.

Ther was an old man who once felt
His bicycle needed no seat belt
He once hit a bump
Off the seat went his rump
And shortly his ass felt asphalt

The Thinker sits thinking
of what no one knows
So lost in thought
he retains the same pose
Some say it is lewd
For him to sit nude
I wonder if he's wondering
Where he left all his clothes

I thought my girl's idea was great
So I set up my chessboard but wait.
Though I heard her quite right
She did not mean this 'Knight'
When saying "Lets use our nights to mate"

A young lady, Sandy, is quite handy
At making her own hard rock candy
Though brown sugar she plans
Gets herself in the pans
And it always turns out being Sandy

There once was an old man from Leggitt
One hundred and one with true grit
"A young lass I will woo
And impregnate her too"
They said it couldn't be done, but he did it

An archaeologist once discovered a mummy
" I'll just take off the wrapping and see"
But a ghastly suprise
Befell the man's eyes
For the mummy was really a daddy

Have you ever considered the panic
You might cause in your wife when romantic
By suggesting with grace
For a wild change of pace
Having your sex in a hammock

* * * * *

Love

Love can make you feel alright,
Love can make your heart turn right.
If you love someone like I do, then,
You'll know just what to do.

Love can make the world go round,
So let me know when you are around.
Love can turn you upside down
So let your heart flow all around
And maybe then you'll feel alright
So when you feel love say...
D-Y-N-O-M-I-T-E.

Love is like two birds in a nest
A Mother-A Father and all the rest,
People think that it is the greatest thing because -
It causes marriage, and other things.

War is not the sign of love because of
The fighting in the world around.
If people would stop and think a
Second, then the world would be a whole lot better.

:Miss. Gabrielle Boulay.

MOLSONS and SEAGRAMS

Hell you say-lets get some booze,
With those few words,my friend,you lose.
Do you know how many boozers die each year?
And Molsons and Seagrams never shed a tear!

Their not blind,they just don't want to see...
The dead on the highway from their good whiskey.
Sit right back,drink up and relax
And our government goes along,for the sales tax.

They don't want to know about the men that go down
From the Beer and Whiskey flooding their town.
They pretend they don't see the broken wreck in the park,
Or the body in the alley,laying stiff and stark.

All from the Booze that's legal to buy...
Molsons and Seagrams don't care how many die.
Down with drugs!,you can hear them shout,
Try some of our nice,cold,Ale and Stout!

They say Speed Kills...but it can't kill no quicker
Than some of the poor bastards I've seen go on Liquor.
I think I,ll try some of that horrorfying Speed;
It might be just what all of us need.

The Hotels and Booze Cans get enough of my money,
I,m going to get some of that Oil they call Honey.
You know how things pile up with you underneath,
I heard you can use Speed-for fast releif.

I've been told Love and Peace comes from Marajuana.
I haven't tried it yet....but by God,I'm gonna.

CHESTER GOODWIN.....

"BEAUTIFUL PEOPLE"

There's a race of People
A beautiful few
I know them all
And they know me too.
We meet and enjoy
They move along
And our heart is richer
With another song.

They are my people
It's so very clear
I meet them all over
Both far and near.
Our eyes they meet
And a message is passed
Another beautiful person
Here at last.

Just when I thought
I was here all alone
With all these people
With hearts of stone.
I looked at you
And knew right away
You are my people
We didn't have to say.

So lets dance and sing
And shout out loud
And get far away
From this maddening crowd.
With you I know
I can be kind and meek
And you won't take me
As being weak.

Lets show the fools
We don't have a care
Pay them no mind
Let em stare,Let em stare.
Your eyes told me
Where your coming from
You have love to offer
And I need some.

I travel all over
This beautiful land
Looking for members
Of my beautiful clan.
I find them in mansions
And down in the ditch
Run down and ragged
And the filthy rich.

On different social levels
But yet we know
When that certain something
Starts to flow.
And our eyes they meet
And the message is passed
Another beautiful person
Here at last.

CHESTER GOODWIN.....

EDITORS NOTE:

The following is a copy of a letter that I as Editor of COM T.A.C.T. felt needed to be written as result of the price increspes on the inmate Canteen. Seeing how we can't shop around at shores, we have to buy everything from the government. I hope that committees of all the other institutions will follow suit and do the same, plus the men from the population. I'd like to give special thanks to the man who sat in the back room with his shoes and socks off figuring out the per centages, Jimmie (Igot 11 toes) Oag, and his able bodied assistant Eddie(Cut that out)Spencer.

Dear Sir:

RE- INMATE CANTEN ITEM INCREASES

As a member of the inmate population hear at Collins Bay Insitution, and a concerned body, I would like to bring to your attention some facts pertaining to the above.

It has been two years, August 1977, in fact, since we have had a raise in our canteen spending monies. Needless to say, during this durationof tiem, the cost of living (even in here it seems) has sky-rocketed. Since that, most, if not all, items on our canteen have increased, in cost, we are suffering inflation and find it hard to manage on what monies we are now receiving.

Since tobacco products are the primary concern, not to mention grooming articles and both are widely used, I assure you, to the point where it is almost impossible to buy the basic necessities that we require.

Truth to tell, we are fully aware of the cutbacks presently introduced by the government and that it has affected all finanicalquarters, but, we still feel that an increase in canteen spending moniesbe considered. It should not be that difficult for Ottawa to arrange their budget and give us a raise.

Incidentally, while reading the newspaper recently, I observed where something in the form of a minimum wage might possibly be instituted in the penal system in the not too distant future. Everyone here thinks that such a program would help them to help their families and also how to manage money and adopt the added responsibility that they have avoided for so long.

Trusting that you will give this matter serious thought, I remain:

Sincerely yours,

Tom French

INMATE CANTEN ITEM INCREASE

Chewing Tobacco	9.0%	Areograms	20.0%
Export "A"	14.2%	Envelopes Stamped Large	16.6%
Expot Plain	14.2%	Post Cards (Blank)	33.3%
Cameo Plain	25.0%	Score Hair Dressing	20.0%
Players Filters	25.0%	Shave Cream Brushless	15.3%
Budgies Cigars	20.0%	Shave Lotion Hennems	19.0%
Old Port	80.0%	Palmolive Soap	16.6%
El Producto	13.2%	Irish Spring Soap	16.6%
White Owl	72.4%	Talc Powder	28.5%
Colts 8's	28.2%	Razor Blades Trac II	9.5%
Filters 10's Pipe	25.0%	Lipsol Stick	10.0%
Sail Tobacco Pipe 1½ oz.	16.4%	Toothpaste Senodyne	15.7%
Amphora 1½ oz.	16.2%	Crest	11.5%
Borkum 50 gm.	21.0%	Biscuts Sweet Cookie 1 Lbs.	21.0%
Briar Pipe	11.1%	Biscuts Mtiz	8.3%
Medico	141.3%	Popcorn	33.3%
Export Cigarette Papers	100.0%	Cheese Squeeze Pack 8 oz.	13.3%
Vogue Papers	100.0%	Cheezies Bag	33.3%
Cigarette Rohler	6.4%	Honey	17.7%
Snuff Copenhagen/Skoal	28.5%	Canned Meats 340 gm.	14.2%
Export Tobacco 50 gm.	42.8%	Nuts Party Mix	14.2%
Cameo Menthol	50.0%	Peanuts	14.2%
Players	50.0%	Cashews	14.2%
Butane Lighter Refill	20.0%	Cup-A-Soup	20.0%
FreezeDried Coffee	17.6%	Coffee Creamer	5.0%
Hot Chocolate	20.0%	Playing Cards	25.0%
Coke Case 24	12.7%		
Pepsi Case 24	16.6%		
Ginger Ale Case 24	38.4%	OVERALL INCREASE IN COSTS	28.08%
Orange Case 24	26.7%		
Root Beer Case 24	26.7%		
T Shirts	22.2%		

Illegitimus non Tattum CORBORUNDEM

